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Portugal tops for treatment of immigrants

Portugal has been placed second out of a list of 25 European Union member states and three non-EU countries in terms of the policies it applies to integrate migrants. (See Page 2)

Portugal's poor on the rise

Figures published this week have shown that more than two million Portuguese are officially poor, meaning that more than a fifth of the population survives on less than €360 a month. (See Page 3)

History in the making

The EU Reform Treaty, which should become known as the Treaty of Lisbon, aims to ensure more effectiveness, political coherence and political legitimacy for a community bloc with a growing number of member states and is currently being discussed in Lisbon by the 27 EU member states. (See Pages 4 and 5)

Half of Portugal's elderly favour euthanasia

A national survey has shown that approximately 50 per cent of Portugal's elderly people in care homes are in favour of legalising euthanasia, including those who do not suffer from illnesses or disease. (See Page 7)

Portugal leave it late

The Portuguese football team is within an arm's length of qualifying for the Euro 2008 next year that will be jointly hosted by Austria and Switzerland. (See P.64)

Weekend weather

Lisbon: Saturday: Sunny, high of 27º Sunday: Sunny, high of 25º. **Faro:** Saturday: Sunny, high of 25º Sunday: Sunny, high of 24º. **Oporto:** Saturday: Sunny, high of 24º Sunday: Partly Cloudy, high of 23º.

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The Portugal News can now reveal that police are in possession of the laptop used by Gerry McCann in Portugal

MYSTERY LAPTOP IN POLICE HANDS

Kate and Gerry McCann at a press conference in Portugal on the 10th August. (Photo: The Portugal News)

Following suggestions by The Portugal News, we can now reveal that an Algarve IT company last month handed police a laptop used by Gerry McCann since May. Portuguese police appear to have been in the dark as to the existence of the laptop and did not request the handing over of the equipment. The computer has been with police for almost five weeks now, and it was reported this week police have sought a judicial order to legally access e-mails, documents and sites visited by Mr McCann between May and September. In addition to this laptop, the McCanns had at least one other personal laptop with them while they were in Portugal, which they took back with them to Britain.

The laptop was held by Mr McCann for much of his stay in Portugal and returned shortly before the McCanns' surprise departure to Britain. The laptop, provided by an Algarve IT company, was handed to the McCanns around a week after their daughter Madeleine went missing and was in their possession for four months. Earlier this week, reports in Portuguese newspaper *Correio da Manhã* stated that police had seized a personal computer used by Gerry McCann during his stay in Portugal.

A source, who wished to remain anonymous, says he was sparked into coming forward publicly with details of the laptop following this newspaper report.

The IT company, our source explained, had requested The Portugal News not to divulge any details of the laptop, but following what was perceived to be the leaking of this information by those close to the investigation, this source decided to speak openly.

According to our source, the top-of-the-range computer has been in police possession for more than a month. He explained the laptop was handed in at the Portimão police station where a few days earlier, Kate and Gerry McCann had been declared official suspects in connection with the disappearance of their daughter.

McCann, see p.3.

Lisbon wants "profitable" defence industry cooperation with Angola

Portugal is interested in defence industry cooperation with Angola, which could be of "mutual advantage" and "profitable" to the two Lusophone states, Lisbon's defence minister, Nuno Severiano Teixeira, has said.

After talks this week in Luanda with Angolan Prime Minister Fernando Dias dos Santos, Portugal's defence minister said he had invited the Luanda government to send a technical team to Portugal to identify armaments sectors with potential for joint ventures.

Portugal's defence minister was on a three-nation Africa tour during which he visited the Democratic Republic of Congo and Ghana, holder of the rotating AU chair, a day later on EU and bilateral business. *TPN/Lusa*

Brazilian President Luiz Inácio Lula da Silva (L) is received by his Burkina Faso counterpart Blaise Compaoré (R) in Uagadugu, Burkina Faso on 15 October 2007, during an official visit to this African country, as a part of a tour that takes him to Congo, South Africa and Angola. Lula will sign bilateral agreements on cotton and biofuels and will participate in the opening ceremony of the Brazilian Film Week in Uagadugu. (Photo: EPA/Richardo Stuckert)

Portugal second best in its treatment of immigrants

Portugal has been placed second on a list of 25 European Union member states and three non-EU countries in terms of the policies it applies to integrate migrants.

The rankings are compiled on the Migrant Integration Policy Index (MIPEX). It uses over 100 indicators to create what it terms a multi-dimensional picture of migrants' opportunities to participate in Europe societies.

MIPEX covers six policy areas which it says shape a migrant's journey to full membership.

Portugal's excellent treatment of immigrants, says MIPEX, is especially prevalent in terms of access to the labour market and the reuniting of families along with policies against discrimination.

At the top of the MIPEX ranking is Sweden, with an average of 88 points out of a maximum of 100.

Portugal is isolated in second on 79 points, ten clear of third-placed Belgium. The Netherlands are fourth with 68, followed by Finland and Canada who are joint sixth with a rating of 67 points.

The worst placements on the rating are Slovakia and Greece (40 points each), followed by Austria and Cyprus (39) and Latvia is last with 30 points.

Accord signed with Moldova for streamlined visa issue

Accords to speed up visa issue for Moldovan citizens coming to EU states were signed this week by Portugal's state secretary for European affairs, Manuel Lobo Antunes, and Moldovan government officials.

Mr Lobo Antunes, representing Portugal's EU presidency, inked the accords Wednesday with Moldova's deputy-prime minister, Andrei Stratan, who also serves as his country's foreign minister and European integration minister.

Present too at the signing was European Commission Vice-President Franco Frattini, who called for greater mobility of people in the EU and better control of illegal immigration.

Mr Lobo Antunes, in turn, said the visa pact with Moldova would ease "red tape" and bring other advantages in the area of customs. Moldova's No.2 premier underscored the importance of the accord to his country's citizens. *TPN/Lusa*

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EU tackles Portugal over radiation safety standards

The European Commission decided this week to send a reasoned opinion to Portugal for failure to fulfil its obligations on basic safety standards for the protection of the health of workers and the general public from ionizing radiation. If Portugal does not take the necessary measures to fulfil these obligations within the established timeframe, the EC will refer the matter to the Court of Justice.

The aim of the directive, explains the EC, is to ensure that workers and the general public receive the best possible protection against the harmful effects of ionizing radiation.

Portugal has notified transposition measures which are dispersed in various legislative texts – instead of a coherent and consolidated legal framework - where a comprehensive reading of different legislation is needed to obtain the necessary information.

But the EC argues that this makes Portuguese legislation on radiation protection too complex and causes uncertainty for the citizens regarding the relevant transposition provisions in force.

Furthermore, the EC, in a statement published on Wednesday, deems that the current Portuguese legislation still fails to comply with some of the main provisions of the directive, particularly regarding dose limits for the public, exposed workers, pregnant women, apprentices and students, the estimation of the effective dose, the fundamental principles governing the operational protection of exposed workers, apprentices and students, the exposure due to natural radiation sources, and the implementation of radiation protection for the population in normal circumstances.

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EC challenges Portugal over transport laws

The European Commission decided this week to send reasoned opinions – the last step before a formal complaint to the Court of Justice is lodged – to eight countries, including Portugal for failure to notify their national measures transposing a directive on road transport.

The directive sets out minimum conditions for implementing new rules in the road transport sector on driving times and rest periods and on the introduction of the digital tachograph.

By failing to implement this directive, says the EC, the member states concerned lack the necessary legal tools to promote fair competition within the sector and improve road safety.

Portugal's poor continue to grow in numbers

Figures published this week have shown that more than two million Portuguese are officially poor, meaning that more than a fifth of the population survives on less than €360 a month.

These statistics place Portugal on Europe's blacklist of poorest countries.

On a global scale, it is in Europe where the difference between rich and poor is more prominent, and the 'middle class' has shown a tendency to disappear.

A new type of 'poor' has also been detected, people who are employed, yet do not earn enough to cover basic necessities.

Isabel Jonet, president of the Portuguese Federation of Food Banks, stresses that the number of people the organisation currently helps is at an all-time high, and that the worst affected are the elderly and large families. It is calculated that 216,000 people benefit from the Food Bank, which distributes aid and basic necessities through 1,200 different organisations.

In 2006, seventy-eight tonnes of food were distributed on a daily basis. Percentage wise, Portugal is placed significantly above the European average of 16 per cent, and globally, figures indicate that one in six people live in extreme poverty.

This week, some 45,000 people united in fighting poverty as part of an international campaign to eradicate the differences between rich and poor.

Developed by ONU and promoted in Portugal under the campaign 'Zero Poverty', school, businesses and association were urged to join the fight in raising awareness by participating in one of more than 2,000 specifically designed campaigns.

On a worldwide scale, approximately 23.5 million people are expected to have taken part.

A demonstration in Braga in recognition of the day for the abolition of the poor on Wednesday. (Photo: Lusa / Estela Silva)

Good weather until next week

According to the Met Office (INM), this weekend will be a return to summer, with cloud-free skies and sunny, warm weather, which is rather unusual for this time of year.

Despite rain having fallen on a number of regions earlier this week, the Met Office predicts the whole of Portugal will have a very pleasant, summer-like weekend.

Minimum temperatures will jump and maximum temperatures will rise, especially in the North. An average 25 degrees will be felt around the country.

In the Algarve, hotel bosses are confident that the tourist season will close 'in style', having already experienced a rise in figures, in comparison to last year, thanks to the unusually pleasant weather.

McCann, from p.1.

The company was reportedly told the laptop would be sent to Lisbon, and would be returned within the space of a week.

But the two leading detectives in the case, Guilhermino Encarnação and Paulo Rebelo this week refused to comment on this latest development.

Newspaper reports this week meanwhile stated that police had "recently" requested the permission of Portimão magistrate Pedro Frias to access the computer used by Gerry McCann, despite it having been in the possession of Portuguese police for over a month.

Correio da Manhã meanwhile revealed that access to the laptop had been granted by Mr Frias, but only on the condition he was present when police starting sifting through the content found on the computer.

Under the Portuguese Criminal Procedure Code, police can only access the e-mails of suspects with the implicit permission of a court and usually only in the presence of a judge.

A source close to Kate and Gerry was later reported by 24 Horas as saying: "I don't know if police have this computer or not. The only one used by Gerry was lent to him, and not hired out, and it was only used as a telephone agenda as it was slow and the keyboard was not English."

In other related developments, Mr McCann this week wrote on his blog for the first time after a six-day absence.

"The media frenzy is gradually subsiding with just occasional unsubstantiated reports of 'evidence' appearing", wrote Gerry McCann, saying "It is very encouraging that Mr Rebelo's officers will be seemingly reviewing all the material in the inquiry, which will hopefully identify areas for further investigation. "Contrary to some other reports Kate and I do not accept that Madeleine is 'probably' dead. We know it is a possibility, however the fact there is no evidence Madeleine has been seriously harmed gives us ongoing hope that she will be found alive", concluded Madeleine's father.

Separately, the Find Madeleine Fund has this week revealed details of an advertising campaign which it describes as a grass roots strategy, which aims to appeal personally to people in their local community. It is a mixture of newspaper display and outdoor media. The material will run through to Christmas in Portugal and Spain at a cost of around €120,000.

Earlier, spokesperson for the McCann family Clarence Mitchell refuted reports stating Gerry was not Madeleine's father: "For the record, Gerry McCann is the biological father of his daughter Madeleine.

In a media statement, Mr Mitchell further stressed: "Kate and Gerry McCann's lawyers both in Britain and Portugal would remind editors in both countries that they are monitoring such coverage very closely and will not hesitate from taking action at the appropriate stage in either country when and wherever it is felt necessary."

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Reform Treaty seeks greater effectiveness, political coherence

The EU Reform Treaty, which should become known as the Treaty of Lisbon, aims to ensure more effectiveness, political coherence and political legitimacy for a community bloc with a growing number of member states.

Foreign Minister Luís Amado attends a news conference during the European Union, General Affairs and External Relations Council in Luxembourg on Monday (Photo: EPA/Cristophe Karabe)

The final version of this new European Treaty has been overseen by the current Portuguese EU presidency. It will replace the failed European Constitution, whose ratification process was brought to a halt in 2005 by negative referendums in France and the Netherlands.

The Portuguese draft version of the new Treaty has 255 pages, including the preamble and numerous protocols, and declarations that reflect the concessions made to different member states.

The preamble underscores that the aim of the Reform Treaty is to "complete the process started by the Treaty of Amsterdam and by the Treaty of Nice with a view to enhancing the efficiency and democratic legitimacy of the Union and to improving the coherence of its action".

The political compromise on major aspects of the new charter was reached last June 23 in Brussels, at the end of Germany's EU presidency term, when the heads of state and government from the 27 member states agreed on the mandate to give the Portuguese presidency to prepare the document.

There are not many differences between this document and the previous Constitutional Treaty. Most of them are symbolic, such as abandoning reference to a European Union flag and anthem, and the title of the person in charge of EU external policy.

The European Constitution would have replaced all existing European Treaties. The new Treaty will change the two current constitutive Treaties.

In practice, those two Treaties - 1992 Maastricht Treaty on European Union and 1957 Rome Treaty establishing the European Community - continue in effect, though they will be modified by the Reform Treaty. One change is the name of the latter, which will become the Treaty on the Functioning of the European Union.

If all goes according to the Portuguese presidency's plans and the 27 complete their negotiations at the informal Lisbon summit this past Thursday and Friday and have the text signed by the end of the year, then the document will very likely take the name of the Portuguese capital and become known as the Treaty of Lisbon.

The change in the second treaty's name means that the European Community disappears for good, with its space occupied by the European Union, which becomes a single entity inheriting the Community's legal status.

This implies the end of the complicated pillar-based structure, simplifying the Union's internal and external action.

The Reform Treaty also applies the practice of voting by "qualified majority" envisaged in the Constitution, via which a decision adopted in the EU Council of Ministers passes if supported by 55 percent of the member states (i.e., 15) representing at least 65 percent of the Union's total population.

Also, any blockading minority should include at least four member states, instead of the current three.

But to obtain Polish support the 27 had to make a number of concessions to that country.

The new voting system will only take effect in 2014, rather than in 2009, and until 2017 any member state can request application of the previous complicated voting system instituted by the 2000 Nice Treaty.

The new Treaty envisages abandoning unanimity to make decisions by "qualified majority" in about 40 areas (namely judicial and police cooperation, immigration and external relations).

Co-decisions between the Council and the European Parliament (both institutions must be in agreement for an act to be approved) will become the general rule in the legislative process.

This is one of the key points in the new Treaty, as it was in the failed Constitution, and should facilitate decision-making in the 27-member Union, where unanimous decisions were becoming increasingly hard to achieve.

Unanimous decisions will nevertheless continue to be the rule for European external policy, fiscal matters, social policy, the EU's own resources or Treaty revision.

From 2009 on the president of the European Council will be elected for 2.5 years by its members, who are the heads of state and government of the EU. He or she will ensure coherence of the European Council's work and carry out EU external representation duties, but will have no executive functions.

The current half-year EU presidencies will be modified in line with a decision to be made by the Council, which should envisage teams of three member states for 18-month periods.

Meetings of the External Relations Council will be chaired by the "High Representative of the Union for Foreign Affairs and Security Policy", the new European external policy coordinator position, held by a vice-president of the European Commission.

Also, the European Commission will, from 2014, count a number of commissioners equal to two-thirds the number of member states, instead of the current system whereby each country has "its" commissioner.

The member states will send commissioners to Brussels on a rotating basis, according to which each state will go without a commissioner in one of every three mandates.

The European Commission president will be elected by the European Parliament, based on a proposal from the European Council, a measure that should reinforce the importance of European elections.

The Netherlands obtained more powers for national parliaments in the Union's decision-making process.

Under certain conditions, they will be able to request that the European Commission take another look at a legislative proposal which they consider to violate the principle of subsidiarity, according to which the Union only intervenes when the member states alone are unable to effectively deal with a given problem, as envisaged in the Constitution.

The new Treaty also proposes a more precise definition of the EU's powers, stressing that whatever is not granted to the Union therein continues to be the exclusive responsibility of the member states. *TPN/Lusa*

Great expectation over approval of Reform Treaty

Although a few side issues remain on the table, the Portuguese EU presidency said that "great expectation" surrounds the Lisbon summit this week for approval of the bloc's Reform Treaty after a "positive" review of the draft charter by foreign ministers in Luxembourg.

"The atmosphere was positive. There's a great expectation in relation to the possibility of reaching an accord" on the treaty at the Thursday-Friday apex meeting in the Portuguese capital, Foreign Minister Luís Amado told Lusa, following a meeting with his 26 EU counterparts.

Mr Amado cautioned, however, that "obstacles and problems" remained to be resolved in "coming days" to permit the treaty's approval in Lisbon, a move he said the foreign ministers had again backed "politically" in Luxembourg.

Earlier Monday, Portugal's state secretary for European affairs, Manuel Lobo Antunes, told a news conference that the Portuguese EU presidency was "even more confident" that the charter would be blessed later this week in Lisbon, following a positive assessment of the draft text by the foreign ministers in Luxembourg.

"I'd say I'm even more confident after the debate that we had today because the atmosphere was extremely positive and the commitment of the member states in trying to reach an accord was very clear", Mr Lobo Antunes said.

Speaking after the morning session of the Intergovernmental Conference on the treaty, he said work was ongoing to resolve two longstanding issues posed by Poland and questions raised by Italy, Bulgaria and Austria.

He described the outstanding snags as "known and defined", expressing "confidence" they would be resolved "on the basis of political confidence and the will to reach an accord" in Lisbon Thursday and Friday.

"The signs are there and they are very positive", Mr Lobo Antunes said, adding he hoped the summit's "atmosphere" would match the upbeat mood in Luxembourg.

"I'd like the Portuguese presidency to finish up the treaty in its entirety and leave no loose ends" at year's end, he said. "When we assume a task, we like to fulfill it 100%".

Mr Lobo Antunes listed the outstanding issues as Poland's concerns over the Ioannina clause and a post at the European Court of Justice, Italy's worries with its reduced seats at the European Parliament, Bulgaria's wish for the inclusion of a Cyrillic inscription on the EU standard, and problems with the access of foreign students to Austrian universities.

TPN/Lusa

Lisbon Treaty - at least one referendum, several question marks on horizon

The future European Treaty that Lisbon wants to "baptize" by the end of the year will later have to be ratified by the 27 EU member states, which hope to avoid referendums of the kind that derailed the previous European Constitution project.

However, a referendum will be held at least in Ireland and public pressure may force others, namely in the United Kingdom and Denmark. The opinion of many analysts is that if any member state freely chooses to hold such consultations (in Ireland it is compulsory), this could have a snowball effect, causing other governments to follow suit.

This is the least favourite scenario for European leaders, who want to avoid disappointments such as the ratification process for the so-called Constitutional Treaty, signed in Rome in 2004, which was halted in 2005 after being rejected by referendums in France and the Netherlands.

The argument used to get around this issue is that the new Treaty does not involve the transfer of powers and sovereignty, even though it is unanimously agreed and underscored that the new document has the same basic content as the previous one.

Portugal was one of the member states that had scheduled a referendum on the European Constitution, which was postponed and later cancelled. This time it will probably choose to ratify the new Treaty in its parliament.

In some countries there is growing pressure to hold referendums, and even the parliamentary path is not without risks, especially in member states where strong majorities of two-thirds or three-fifths are required.

So even if the EU's current Portuguese presidency achieves agreement among the 27 at this week's informal summit of heads of state and government in Lisbon, there is still a long way to go before the Treaty can take force in 2009 as planned.

European leaders agreed last June on a new charter, for the time being designated the Reform Treaty. If all goes according to the Portuguese presidency's plans, this new Treaty should be endorsed at the Thursday-Friday summit in Lisbon and signed by the end of the year, thus taking the name of the Portuguese capital.

The aim is for the Treaty to take force before the next elections for the European Parliament in June 2009. It will thus have to be ratified by the spring of that year.

Some member states have already decided on the form of ratification, while others are still weighing their options.

France and the Netherlands have announced that this time they will not hold referendums, as have 17 other countries. One country, Ireland, definitely will, while seven are still uncertain about which path to take, though some of those are more likely to choose parliamentary ratification.

In Ireland a referendum is required by law. Although Dublin is confident about ratification, many recall the example of 2001, when Irish voters rejected the Nice Treaty, a "nay" that was "corrected" by a second referendum held a year later.

European leaders are more worried about an eventual referendum in the United Kingdom, where there are always high possibilities of a negative outcome, especially due to pressure from the internal opposition and polls showing that British citizens favour having a say on the new Treaty.

There is also strong pressure to hold a referendum in Denmark, which Europe remembers for having nixed the 1992 Maastricht Treaty in a first consultation of the people, an outcome also "corrected" the following year.

In the Czech Republic, the government, known for its distance from the European project, is trying to avoid a consultation, but will not make a decision until it has the final text.

In Portugal there is a broad consensus in favour of opting for ratification in parliament to avoid a referendum.

Treaties between the 27 European Union member states must be ratified/confirmed, with no exceptions, by all their respective national parliaments. A single rejection is enough to sink the new Treaty, as happened with the European Constitution. That document was eventually approved by 16 countries but knocked out by the French and Dutch referendums. *TPN/Lusa*

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EU boost sanctions against Burma regime

EU foreign ministers agreed this week to toughen up sanctions against Burma, particularly the export of precious commodities from the Southeast Asian state, officials said.

"The EU vehemently condemns the brutal repression of demonstrations in Burma," European diplomatic chiefs said in a communiqué released after a Luxembourg meeting chaired by Portugal's foreign minister, Luís Amado.

The EU urges Burma's military regime to immediately cease its acts of "violent repression" against pro-democracy demonstrations and to free all political prisoners and opposition leader Aung San Suu Kyi.

Europe considers it necessary to ratchet up pressure against Burma's repressive military junta "through the approval of new measures that the EU hopes will not affect the Burmese people."

These measures include sanctions on goods such as timber, gems and metals, in addition to a ban on fresh investment in these key economic sectors, said the EU's foreign ministers, pledging continued support to humanitarian aid to Burma's most vulnerable citizens.

As anti-government street protests gathered momentum last month in Burma's biggest city, Rangoon, the EU had hinted it was preparing to reinforce its existing sanctions against the Burmese government. *TPN/Lusa*

British Prime Minister Gordon Brown (C) welcomes Myanmarese (Burmese) to Downing Street in London on Monday. Brown was handed a petition with over 760,000 names addressed to the UN Security Council to oppose the crackdown and support reconciliation and democracy in Myanmar (Burma). (Photo: EPA/Andy Rain)

Final invitation list for EU-Africa summit decided on Oct 30

A decision on which European and African leaders will be invited to the long-awaited EU-AU summit in December will be taken at a meeting between representatives from the two blocs at the end of the month, Portuguese Foreign Minister Luís Amado said last week after an intense day of contacts with southern African leaders.

Speaking in Pretoria after talks with South African President Thabo Mbeki, Portugal's No. 1 diplomat said the EU presidency trio (Germany, Portugal and Slovenia) will meet AU leaders on October 30 in the Ghanaian capital, Accra, to fine tune the agenda for the two-bloc summit scheduled for December 8-9 in Lisbon.

A final decision on which EU and AU leaders will be invited to the Lisbon gathering will also be taken during the same meeting in Accra, added Portugal's foreign minister.

Mr Amado said his contacts earlier in Gaborone with President Festus Mogae of Botswana and the executive-secretary of the 14-state Southern African Development Community (SADC), Tomas Salomão, have strengthened the belief of Lisbon's EU presidency that the December summit is an undeniable historic opportunity to forge closer ties between the two continents.

Portugal's top diplomat said South Africa and Botswana's leaders agree that even if some EU and AU leaders do not attend the long-delayed Lisbon event, it will attract the majority of heads of state and government from the two continents and be successful.

President Mbeki and Mr Amado reiterated their wish to see British Prime Minister Gordon Brown in Lisbon, despite threats by the UK government to boycott the summit if Zimbabwean President Robert Mugabe attends, but both said the potential absence of Harare's leader must not derail the overdue meeting.

Ahead of his southern African diplomatic sweep on EU business, Luís Amado told Lusa if Mugabe comes to the Lisbon summit, "he will have to hear criticism" from European and some African states.

The maiden summit between the two blocs took place in 2000 between the EU and the AU's predecessor, the Organisation of African Unity, in Cairo during Portugal's previous stint in Europe's driving seat.

Lisbon's efforts to stage a follow-up meeting were frustrated by London-led opposition to the presence of Zimbabwe's veteran leader at the summit.

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Pope's representative appeals for faithful to revolt

Fatima's newest Basilica, the Santíssima Trindade, said to be one of the largest in the world, was inaugurated last week during the pilgrimage of some 300 thousand people to Portugal's holy city.

Cardinal Tarcisio Bertone, State Secretary for the Vatican and the pope's chosen envoy, had the honour of reading mass, during which he appealed to the faithful to revolt against 'those who want to buy Christian silence'.

He also alerted those present to be aware that, in the present day, it is a misconception "that victory depends essentially on talent, ability, and the value of what is written is the press".

"There is no more bigger or more disastrous mistake", he said.

On Sunday, Pope Benedict XVI delivered a live televised message from Saint Peter's Square in Rome to the congregation commemorating the 90th anniversary of the final apparition of the Virgin Mary.

Built to accommodate the estimated 5 million annual pilgrims to Fatima, the Santíssima Trindade can hold nearly 9,000 people at any one time. Its interior measures 130,000 square feet, contains five chapels, fifty confessionals, and a cafe.

The statue of theVirgin Mary during the procession at the Fátima sanctuary to celebrate the 90th anniversary of the first apparition of the Virgin Mary to three shepherd children in 1917. (Photo: Lusa / Paulo Novais)

Half of Portugal's elderly favour euthanasia

A national survey has shown that approximately 50 per cent of Portugal's elderly people in care homes are in favour of legalising euthanasia, including those who do not suffer from illnesses or disease.

The survey further showed that many of those interviewed thought frequently about death.

These are results from a survey that took place during one year, as part of an investigation developed by Oporto University's Biomedical and Medical Ethics Service. It reveals a significant number of people willing to accept assisted death, but it remains to be determined whether that is a firm belief or the result of loneliness or abandonment.

Determining the elderly Portuguese population's opinion concerning euthanasia was the aim, and targeted those without terminal illnesses.

In total, 815 over-65s from homes and institutions around continental Portugal, the Azores and Madeira were interviewed.

It has also been recently revealed that some 40 per cent of oncology doctors are willing to participate in euthanasia.

Euthanasia will also be debated during the National Bioethics Congress, taking place Friday, in Oporto's Medical College.

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Slave stories recounted on Alcântara's docks

A scene on shore alongside the Amistad ship which records 200 years since the abolition of slavery. The Amistad is a replica of the Spanish ship used in the slave trade which has been docked in Lisbon and will be open to the public on the Rocha de Conde de Óbidos. (Photo: Lusa / Inácio Rosa)

A replica of the Spanish slave-ship 'La Amistad' docked this week in Alcântara, Lisbon, as part of a 22-port journey to remind the world of a time when slavery was commonplace and human rights were practically non-existent.

One hundred and sixty-eight years ago Portuguese merchants purchased 53 Africans in Sierra Leona, who were tied up, torn from their families, and transported on the Portuguese vessel 'Tecora' to Havana, Cuba. There they were sold to Spanish sailors, proprietors of 'La Amistad', to be used for slavery.

However, a revolt took place on board as the slaves rebelled, seized power of the vessel and demanded to be taken home. Only 35 of the 53 made it back to Sierra Leona alive.

This was to be the beginning of the end of slavery and one of the most important events in the history of Human Rights.

Lisbon is the eighth port in a series of 22 in which the La Amistad replica will dock. It is open to the public until October 21st, until when its crew of 22 will be giving guided tours and a historical insight into the ship's controversial past.

On board there is an exhibition dedicated to Sengbe Pieh, a rice farmer who led the revolt, as well as many other slaves who in 1839 fought for weeks for their freedom and the dream to return to their families.

EC approves new programmes marking shift in cohesion policy in Portugal

European Commission President José Manuel Barroso attended the signing ceremony and public presentation of ten operational programmes in Lisbon, that will direct the action of Cohesion Policy in Portugal for 2007-2013 and will lead to European investment of € 20.9 billion.

The signings covered seven regional programmes — Açores, Alentejo, Algarve, Centro, Lisboa, Madeira and Norte and three thematic programmes: "Competitiveness factors" and "Territorial enhancement" with investment from the European Regional Development Fund (ERDF) and the Cohesion Fund(these amount to €14.8 billion including the regional programmes) and "Human Potential", under the European Social Fund (ESF) (which amounts to €6.1 billion).

The new strategy will focus on human resources, innovation and technology, enterprise development and territorial cohesion. As priorities, the programmes will contribute to the completion of the trans-European transport networks (TEN-T), to the improvement of energy efficiency and reduction of CO_2, to fostering the involvement of enterprises in research and development (R&D) and to the regeneration of deprived urban areas.

The "Competitiveness factors" programme will increase the availability of micro-credits for enterprise, notably through the new European initiative "JEREMIE" (Joint European Resources for Micro to medium Enterprises).

Spanish royalty conquer the Alentejo

Hundreds of locals went out of their ways to welcome Felipe de Borbón and his wife Letizia Ortiz on their arrival in Beja, earlier this week. The royal couple were in Portugal to see the Alqueva dam, as well as have lunch with the President of the Republic.

President Cavaco Silva and his wife Maria awaited the royal committee inside the Nossa Senhora dos Prazeres church, which comprises the Episcopal museum, in Beja. Here, the Spanish Prince and his princess were shown some of Portugal's most relevant examples of *Barroco* art.

This was followed by a short walk to the 'Paços do Concelho', where Beja Mayor Francisco Santos symbolically offered the royal couple the 'Keys to the City'.

Prince Felipe said he was 'honoured' to be given such a significant gift and would certainly return to Beja with his family.

The couple enjoyed lunch with the Portuguese President in the São Francisco convent, and filled their afternoon with an excursion to the Alqueva dam, where the International Puente de Alcántara prize, which recognises outstanding and innovative projects throughout Iberia, was awarded for the dam's hydroelectric system.

EC takes legal action against Portugal over energy efficiency

The European Commission has launched infringement procedures against Portugal for failure to notify its national Energy Efficiency Action Plan by 30 June 2007, as required by the 2006 Energy End-Use Efficiency and Energy Services Directive.

The action plans should present national strategies on how to achieve a nine percent energy savings target by the end of 2016 as well as how member states comply with a number of other provisions of the directive.

"National Energy Efficiency Action Plans show the commitment of Member States to the cleanest, cheapest and most secure of energies – the energy that we do not use. I am very disappointed to see that 12 Member States have yet to notify their plan", said Commissioner Piebalgs.

The purpose of the Directive is to make cost-effective improvements to energy end-use efficiency in member states.

Portugal still among the best for press freedom

Portugal has remained in eighth position in an annual survey of press freedom around the world.

Portugal has held on to its rating obtained last year in a list published by Reporters Without Borders (RSF) which examined various factors such as the way journalists are treated, freedom of speech and information and diversity of media ownership.

Portugal is also placed above all the G8 group of industrialised nations. The highest placed G8 nation, Canada, is found ten places beneath Portugal, followed by Germany (20th), Britain (24th), France (31st), Italy at 35, Japan at 37 and the United States was in 48th place.

Russia was placed 144th in the ratings which include a total of 169 nations. "There is nothing surprising about this," RSF said.

"Even if we are not aware of all the press freedom violations in North Korea and Turkmenistan, which are second and third from last, Eritrea deserves to be at the bottom. The privately-owned press has been banished by the authoritarian President Issaias Afeworki and the few journalists who dare to criticise the regime are thrown in prison. We know that four of them have died in detention and we have every reason to fear that others will suffer the same fate."

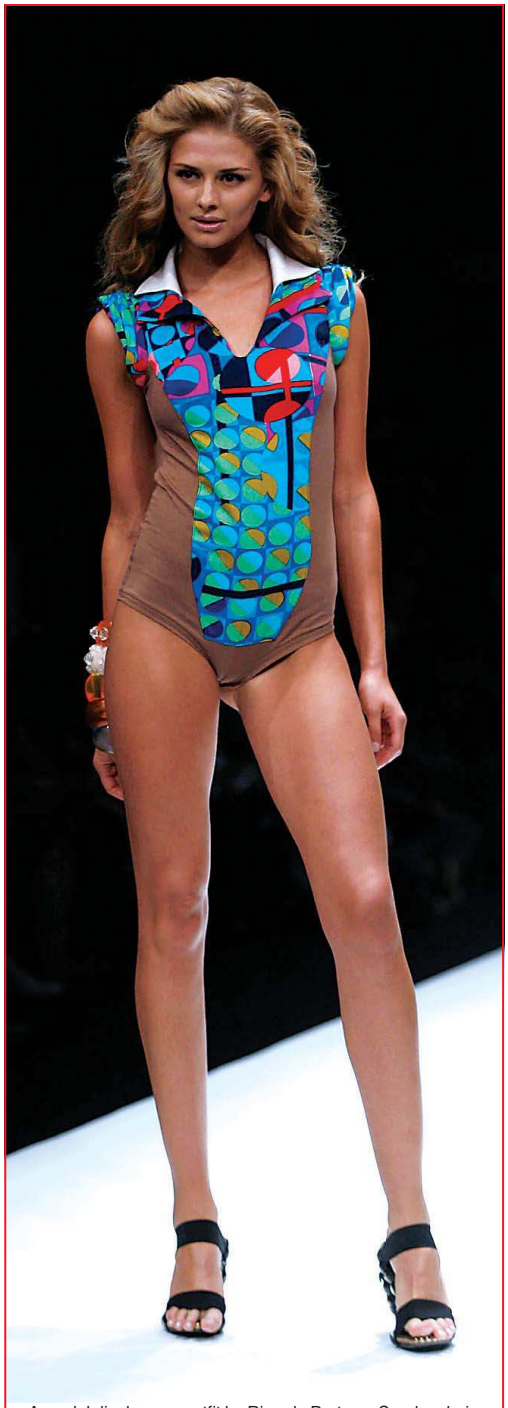
Outside Europe - in which the top 14 countries are located - no region of the world has been spared censorship or violence towards journalists.

All of the European Union member countries made it into the top 50 except Bulgaria (51st) and Poland (56th). In Sofia, journalists can be physically attacked because of their work. The climate got even worse after charges were withdrawn against police officers who beat up a journalist in May.

In Poland, the authorities refuse to decriminalize press offences, and the courts often pass suspended prison sentences on journalists. Ever since Lech Kaczynski became president in October 2005 and his brother, Jaroslaw, became prime minister a few months later, there has been an increase in prosecutions of news media. The countries of northern Europe are always the ones who behave best. The exception is Netherlands (12th), which has fallen 12 places because it kept two Telegraaf journalists in custody for two days for refusing to reveal their sources to the judicial authorities.

The survey found that the east African state of Eritrea had the least free media in the world, displacing North Korea.

Iceland and Norway were voted joint leaders, with Estonia and Slovakia sharing third place.



A model displays an outfit by Ricardo Preto on Sunday during the Lisbon Fashion Week in Cascais. (Photo: Lusa / Mário Cruz)

Lisbon Fashion debuts to great acclaim in Cascais

Fashion experts from around the world have been raving about last week's Moda Lisboa, which for the first time was held outside the capital, in Cascais' 'Cidadela', in an attempt to recuperate dwindling interest and increase international visibility.

Both goals were apparently achieved, the event being covered by 400 Portuguese journalists and photographers, as well as 50 foreign members of the media.

Deals have been made with a number of international counterparts to further help promote the event through the recently created International Fashion Weeks network, including Russia and Spain.

This entails agreements where national designers participate in international events.

Moda Lisboa is to be held in Cascais/Estoril for the next five events, following a protocol signed between organisers, the Estoril Tourism Board and Cascais city hall.

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Be Life Confident

How Safe Is Your Money?

by Bill Blevins, Financial Correspondent, Blevins Franks

When selecting or reviewing your savings and investments, what key outcome are you aiming to achieve? While we'd all like to see our money grow, the result most people consider to be the most important is protecting their money. This is particularly true of retired people.

While long-term capital growth would be a welcome bonus, many retirees are happy to forego this in order to avoid risking their existing capital. They therefore choose to deposit their money in a bank or building society account.

Unfortunately, it's not that simple. There are in fact risks involved with leaving your money in the bank, especially if you withdraw the interest rather than re-investing it in the account.

'Protecting your money' does not mean maintaining the amount you have in your bank account (i.e. you have €100,000 today and aim to still have €100,000 in 10 years time), what you need to do is maintain the *value* of your money, so that it has the same spending power in 10 years time as it does today. Since the cost of living continuously rises, each year your €100,000 will buy you less. In 10 years time it could be worth 50% less than it is today.

The Bank of England and European Central Bank have an inflation target of 2% per annum. Taking this figure, if you wish to have the same spending power in 10 years time, your €100,000 needs to grow to €122,000.

However, this inflation target is under threat from rising oil and food prices and, in any case, the official figure is based on a general 'basket of goods' and not on what *you* spend *your* money on. Your personal rate of inflation is likely to be higher. As an example, in the UK the inflation rate for retired people hit 9% earlier this year. Could your rate be as high?

Taking a more modest 4% inflation rate, to maintain the value of your €100,000 over 10 years, it would actually need to increase to €148,000!

So while protecting your money is more important than capital growth, in order to protect your money you need to have some capital growth. Otherwise your savings will lose value and spending power every year.

Bank accounts do not provide this sort of capital growth, especially if you spend the interest and when you consider how much you also lose in tax.

To make matters worse, the recent banking crisis in the UK and US has made people realise that keeping money in the bank is not as safe as they thought. It highlighted the fact that banks do take risks with your money – and you can lose much of your money if your bank or building society collapses. To add insult to injury, the interest rate banks offer rarely outpaces inflation.

In the UK, there is a Financial Services Compensation Scheme to 'protect' savers. Prior to the Northern Rock crisis, just £31,700 of your savings was safe (per person, per bank account). This has now been increased to £35,000.

Chancellor Alistair Darling is considering guaranteeing savings up to £100,000 and has launched a consultation. However the banking industry says the move could be strongly resisted and challenged in court.

While you always need to keep some money in the bank, a personalised investment and tax planning strategy would be designed to meet your specific aims, including keeping pace with inflation. You can arrange for tax efficient income, or aim for capital growth above inflation so that your money will be worth more in 10 years time than it is today.

While there are risks involved with investing money, there are also risks with leaving it in the bank, so you need to establish which involves the most risk for you. Investing doesn't have to be as risky as many people believe. Strategic asset allocation and diversification can significantly reduce risk at the same time as improving returns. While equities provide the most potential for capital growth, you can avoid them if you wish by investing in bond and real estate funds instead. You could also consider a capital guaranteed account where you have the potential to earn a higher return than bank interest rates, but where you cannot lose any of your capital.

Other advantages with such an investment strategy are that you can set it up to be tax efficient (which means extra savings for you) and since the money invested is not on a bank's balance sheet, and instead held by custodians, you will not lose it even if the banking crisis gets worse.

If you want to protect your wealth – and therefore your long-term financial security – you need to set up your financial planning to achieve your aims with minimum risk. Leaving your money in the bank and hoping for the best is not the answer.

To keep in touch with the latest developments in the offshore world, check out the latest news on our website ***www.blevinsfranksinternational.com***

PM proposes EU debate on response to world financial crisis

Portugal's prime minister, José Sócrates, wants his fellow EU leaders to discuss ways of tackling the current world financial crisis during the bloc's informal summit in Lisbon that ends this Friday.

In a letter sent to EU heads of state and government, Mr Sócrates proposed discussions on the credit squeeze sparked by the collapse of the sub-prime mortgage market in the US should take place during the two-day gathering in the Portuguese capital.

Acknowledging the main item on the agenda of this week's meeting of EU leaders was to get approval for the bloc's new Reform Treaty, Mr Sócrates has also asked his EU counterparts to debate the problems of climate change.

In his capacity of acting EU president, Portugal's prime minister is also seeking a debate on Europe's re-launched Lisbon Strategy for growth and jobs, the 27-state bloc's response to globalization.

In his letter to EU capitals, the Prime Minister said he has asked European Commission chief José Manuel Barroso to give a presentation on the revamped Lisbon Strategy and Europe's interest in "having success in the era of globalisation."

Inflation down to 2.4 percent

The average inflation rate (the past 12 months in relation to the previous year) has dropped one decimal point in September.

Figures released by the National Statistics Office (INE) this week show that the inflation rate has fallen to 2.4 percent.

The yearly inflation rate remained unaltered at 2.1 percent when compared with figures obtained the previous month of August.

But the monthly consumer price index rose by 0.4 percent, with a 10.1 percent increase in clothing and footwear the major culprit.

Lisbon 15th best city to set up business

Lisbon has maintained its rating in 2007 as being the 15th best city in Europe to open up a business, a report compiled by Cushman & Wakefield has found.

London tops the list once more, remaining a favourite among Europeans to set up business. The British capital is followed by Paris, Frankfurt and Barcelona.

While the Portuguese capital failed to climb the rankings, it recorded improvements in a number of areas in relation to 2006; market access, connections to other cities, quality of telecommunications and languages spoken.

Lisbon was also considered the third best city when quality and cost of office space was surveyed.

The survey annually publishes a list of the top European cities to do business, and this year included 33 cities in its study.

Capital Gains Tax:

by Dennis Swing Greene

Options when selling Property in an Offshore Company

This is the first of a three part series exploring the Capital Gains Tax consequences of selling a property that is in an Offshore Company:

1) The Situation
2) Options nº1 & nº 2
3) Option nº 3 and the Conclusion

Part 1: The Situation

Many Owners of Offshore Companies - both black and white listed - reach the point where, for any number of reasons, they wish to sell up. Yet most are uncertain of the Capital Gains Tax consequences of such a sale, particularly since there are a number of different ways to structure the transaction. While individual proceedings sometimes present unique circumstances, the following example should prove illustrative of most sales. Respective costs and savings ought to be proportional in most cases.

The Situation: ***Non-Resident Owners selling a Property in an Offshore Company***

1) In 1992, an Offshore Company purchases a Property in Portugal for €200,000 (inflation-adjusted price in 2007). *Therefore, both the Property and the Company are worth €200,000 at this point.*

2) In 1999, a Non-Resident couple buys the shares of the Company for €300,000. *While the Company now has a share value of €300,000, the book value of the Property remains €200,000.*

3) In 2003, the Company moves its headquarters and effective management (*redomiciliation*) from Gibraltar to Delaware. *No change in respective values is registered.*

4) In 2007, the Owners wish to sell the Property/Company for €550,000. This can be realised by one of three ways:

a) the Company sells the Property directly to the Buyers; or

b) *the Owners of the Delaware Company sell their shares to the Buyers*; or

c) *the Delaware Company is first moved to Portugal, then Owners of the Portuguese Nominee Company sell their shares to the Buyers.*

Part nº 2: ***What are the CGT consequences of each type of sale?***

Dennis Swing Greene is an International Fiscal Consultant and Senior Partner at EuroFinesco S.A.. with offices in the Algarve and in Lisbon. Appointments may be scheduled in Guia (Albufeira) at 289 561333 or in Lisbon (Chiado) at 21 3424210 or by e-mail at info@eurofinesco.com or on the internet at **www.eurofinesco.com**.

Cop killers sentenced to 22 years

A judge has sentenced two gang members to 22 years in prison after they were found guilty of murdering a Lagos PSP police chief following a frustrated attempt to rob a bank in Budens, in 2005. Another four members were sentenced to six years and six months, with the seventh member receiving a lesser sentence of six years.

The gang of 'pecas' was sentenced in Portimão Court House on Monday for taking part in the death of a policeman. (Photo: Lusa / Luis Forra)

The heaviest sentences were given to the man who confessed to shooting police chief Sergio Martins, Florentino Brilhantino, along with the gang's leader, Augusto Soares dos Anjos, known as Pecas, who masterminded the robbery.

Head of the jury Maria José Machado told how the court was presented with evidence of murder, the forgery of documents, car theft, robbery, and the possession of firearms.

The court agreed that all seven members acted in a premeditated and organised fashion, having plotted their crime in Spain, where they were residents, and making their way to Budens to carry it out.

It was also agreed and proven that Pecas, the head of the group, acted with superiority and influenced the other gang members, who were collectively described as "particularly censurable, freely violent and cold in nature".

Only three of the seven gang-members broke their silence during trials, one, named as Nélio Rosa, even attempting to alibi leader Pecas from his role in the crime, though he later confessed to having been threatened into doing so.

This member was granted six months less sentence than his fellow assailants after showing particular remorse.

It still remains to be determined whether or not the group was responsible for attempted homicide following a shoot-out with GNR officers outside the Budens Intermarché.

After being read their sentences all of the members, who were also condemned to paying 50 thousand euros to chief Martins' family, vowed retaliation on Nélio Rosa, whose confession was ultimately responsible for incriminating the entire gang.

Lusophone lawmakers urge Europe to pardon African debts

Lawmakers from the Lusophone bloc have appealed to the European Union to take additional steps towards pardoning the debts of poor African countries in order to help eradicate poverty.

The call was issued in Bissau Sunday at the conclusion of a two-day meeting of the VI Parliamentary Forum of the Community of Portuguese Language Countries (CPLP).

The forum, setting its sights on the upcoming Europe-Africa summit in Lisbon, urged EU states to consider the need to "adopt political measures aimed to forgive the debts of Africa's least developed countries as a contribution towards eradicating poverty and fulfilling the targets" of the UN's Millennium objectives.

The CPLP lawmakers also urged European and Africa leaders to use the December summit to establish "mutually beneficial measures" to fight pandemics, like malaria and HIV/AIDS, and to draft strategies to resolve conflicts with transparency and respect for human rights and good governance.

The forum's final declaration also expressed "solidarity" with the people of East Timor, and called on all the country's political leaders to work for reconciliation, in the wake of a wave of violence in 2006 and bitterly fought elections this year.

The Lisbon-headquartered CPLP binds Portugal and Brazil to Lisbon's five former African territories and East Timor. *TPN/Lusa*

2008 EU-Latin America summit to focus on fights against poverty, climate change

Officials from the European Union and the Latin America-Caribbean (LAC) region agreed last Wednesday in Lisbon that the central themes of their next trans-Atlantic summit would be the fight against poverty and climate change, the Lusa News Agency reports.

Peruvian Ambassador Hernán Couturier, the chief coordinator of the summit planned for Lima next March, said he was hopeful the leadership meeting would establish an "agenda against poverty", including concrete measures.

Portugal's representative at the talks, Ambassador Nunes Barata, underlined the "inter-relationship" between the summit's two themes, saying progress in combating poverty was inextricably linked to dealing with the negative consequences of climate change.

The two-day preparatory meeting in Lisbon, which currently holds the EU presidency, also focused, among other issues, on economic growth and employment, development aid, and migration.

Montenegro takes new step towards European bloc

The European Union and Montenegro have signed a stabilisation and association accord in Luxembourg, opening the way for the fledgling Balkan state to become a candidate for EU membership.

Portuguese Foreign Minister Luís Amado, speaking for the EU presidency, said the move was a "very important step" towards "creating a politically stable region" in the western Balkans.

Minister Amado described stability in the region as a "priority objective" for the EU. *TPN/Lusa*

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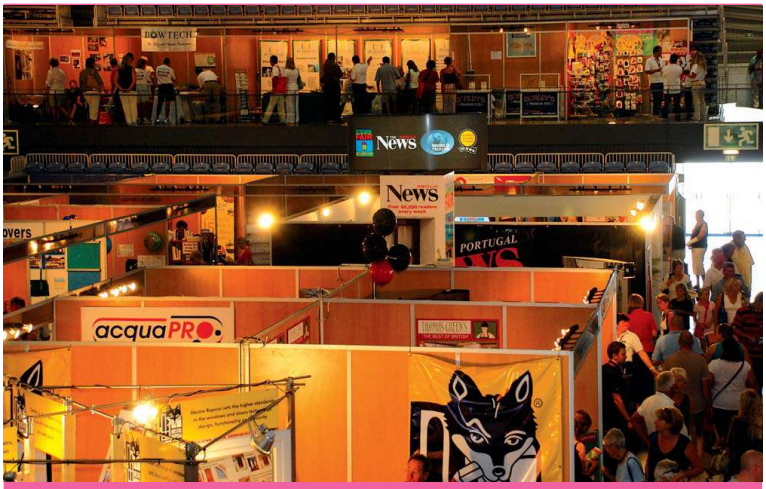
A group of patients from the Barlavento Hospital

Athlete Naide Gomes signs autographs at the Mamamaratona which took place on Sunday morning



An over view of the exhibition

BLIP weekend boosts business

Last weekend the Better Living in Portugal exhibition, otherwise known as BLIP, once again took over Portimão's futuristic pavilion at the Parque de Feiras e Exposições, where hundreds of businesses and corporations displayed their services and products.

It was a busy affair and thousands of Portuguese and foreign residents wandered round at a leisurely pace to discover what was new.

For the first time the stands were laid out over two floors inside the main pavilion, instead of being arranged in twin tents.

The Portugal News was, as always, present at BLIP and was pleased by the number of people who made a beeline for the trademark stand, for their complimentary copy of the newspaper and a chat.

On Sunday Mamamaratona 7 stole the show, with the many joggers in their pink shirts making their way down Portimão's riverfront en-masse, to raise awareness concerning breast cancer.

This year, revenue from the event will be put towards building 'Casa Flor das Dunas', a temporary place of residence for patients who need radiotherapy at Faro hospital and come from far away.

The first four Mamamaratona's raised €237,410.84, which was put towards purchasing the region's first mobile breast-cancer check-up unit, which for the past two years has been making its way around the Algarve offering free check-ups to women aged between 50 and 65.

The Portugal News's Debbie Santos pulls the winning ticket on the Golden Leaves stand

Editor of The Portugal News chats about the latest edition with journalist Carrie-Marie Bratley

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Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

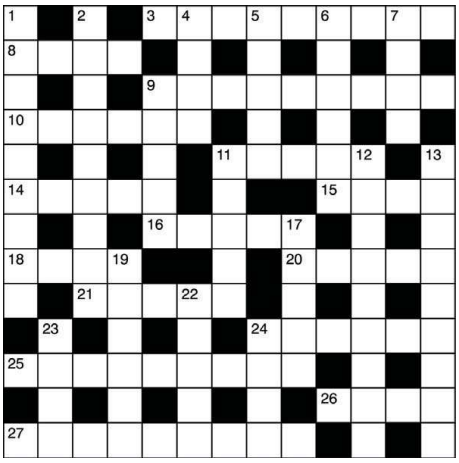
	9				5		6	
7	4		9			3		
6			2					
		9				8	4	
			4		6			
	6	3				1		
					1			2
		2			4		1	7
	8		5				9	

Last weeks solution:

5	7	2	3	9	6	4	1	8
6	9	8	2	1	4	7	5	3
4	3	1	5	8	7	6	9	2
9	6	7	8	5	3	1	2	4
1	2	3	4	6	9	5	8	7
8	5	4	1	7	2	3	6	9
7	1	9	6	4	8	2	3	5
3	8	6	7	2	5	9	4	1
2	4	5	9	3	1	8	7	6

For **tips** on how to solve Sudoku puzzles, browse the **forums**, go to www.sudoku.com

The Portugal News Crossword No. 164



QUICK CLUES

ACROSS
1. Bay (5)
4. Speak to (7)
8. Stream (7)
9. Spectacle (5)
10. Nimble (4)
11. Sheath (8)
13. Quote (4)
14. Adroit (4)
16. Tanned (8)
17. Blemish (4)
20. Existence (5)
21. Ancient (7)
22. Ingredient (7)
23. Urge (5)

DOWN
1. Untrustworthy (13)
2. Prise (5)
3. Incline (4)
4. Assault (6)
5. Incapacitated (8)
6. Graceful (7)
7. Resolution (13)
12. Contend (8)
13. Trust (7)
15. Undamaged (6)
18. Umbrage (5)
19. Cease (4)

QUICK SOLUTIONS No. 163

Across: 3 Physician; 8 Over; 9 Unmindful; 10 Strong; 11 Sheen; 14 Admit; 15 Lure; 16 Exile; 18 Long; 20 Error; 21 Drive; 24 Dismal; 25 Burlesque; 26 Onus; 27 Infertile. **Down**: 1 Constable; 2 Reprimand; 4 Hang; 5 Smith; 6 Cudgel; 7 Ague; 9 Unite; 11 Spine; 12 Nutriment; 13 Heartless; 17 Eerie; 19 Grille; 22 Visit; 23 Burn; 24 Dull.

Traffic detours in historical areas continue to cause controversy

Since 2002 traffic throughout Lisbon's historical neighbourhoods has been subject to extensive conditioning, which in turn has caused considerable controversy.

Despite local residents and business owners pledging to fight the restrictions, road and traffic authorities EMEL have vowed to keep them in place.

Bairro Alto was the first historic neighbourhood to be subject to EMEL's implementations, which resulted in many of its quintessential streets being made off-limits to vehicles.

Alfama followed in 2003, as did the areas of Bica and Santa Catarina in May 2004, and the Castelo suburb, in September 2006.

Prominent council members have now stressed the need for these limitations to be re-evaluated.

Maria Figueira, head of the Encarnação Junta de Freguesia, Bairro Alto, gave as an example the difficulties that residents have in dropping off their shopping outside authorised hours, when they are strictly forbidden from driving to their homes. Parking places are also said to be 'insufficient' in Encarnação, where it is thought there is parking for only a third of the resident population.

Safety is another issue, meaning residents don't want to leave their cars a long way from their homes.

Despite local residents and business owners pledging to fight the restrictions, road and traffic authorities EMEL have vowed to keep them in place. (Photo: Mario Cruz / Lusa)

Boosting business through the nose

Lisbon's Casino, in the Park of Nations, is currently trying out a technique used in the USA to attract more clients, by using smell. Since September the Casino has been aromatising its rooms to make patrons feel more 'at home'.

In the USA the technique is used to make clients loyal to a particular brand or place by stimulating 'smell-related memory'.

Duarte Gonçalves, of the Casino's marketing board, explained how creating the Casino's brand, which has not yet completed two years' existence, requires "great attention to detail and every effort to ensure the client understands the product's singularity".

Aromas are injected and released via the venue's air conducts and ventilation system, each room having a different smell.

Hundreds of aromas were 'blind-tested'; the final chosen few being those that testers felt best represented the spirit of the casino. Amongst these were 'Sensual D', described as a young, surprising and urban scent, and 'Vanilla Cigars', a tempting blend of wood, cigar and vanilla, used in the traditional games room as it was the most in-keeping with the décor.

As it celebrates 65 years, Lisbon airport's history tinged by controversy and 'patching up'

On the verge of completing 65 years in service and currently operating above its maximum capacity, Lisbon's airport is still undergoing amplification works. Last year it processed 21 million passengers, in comparison to the ten thousand it saw pass through its doors during its first year.

Inaugurated in full swing of World War II, on October 15th, 1942, Lisbon Airport this Monday completed its 65th year, a date that was marked by the presentation of new projects for its commercial areas.

Despite having seen legendary celebrities like writer Tennessee Williams, dancer Rudolf Nureyev, musician Paco Ibanez or singer Maria Callas, it has been the structure's controversial closing and relocation that made it famous in the past few years.

In 1999, following three years of controversial studies and surveys, it was announced that Ota, some 50 kilometres from the city centre, would be the location of choice for the new Lisbon airport.

This news was greeted with an uproar of discontentment and a new study is currently being composed to evaluate the possibility of building the airport in Alcochete, apparently a much more satisfactory alternative to Ota.

This study will be complete in December this year, when a final decision will be made as to the location of the new airport, which is hoped to be built and running by 2017.

Until then, and to respond to ever-growing demand, the present Portela airport is being subject to a series of extension works to cater for even larger numbers of passengers.

These extensions are said to be estimated at 380 million euros, and will increase the airport's processing capacity from its current maximum of 10 million passengers per year, to 16 million, by 2010. Its runways will also be modified to allow 40 movements per hour, as opposed to the present 36 take-offs and landings.

A new terminal for domestic flights was also inaugurated earlier this year, in August, as part of the extension works, to relieve the main terminal of some of its passenger volume.

Bar-gassing leaves eleven people in hospital

Eleven people were left in need of hospital treatment this weekend when a mystery gas was released inside a crowded bar in the early hours of Saturday morning.

It is said that the gas was released in response to what police officials described as a "disorderly sequence", which occurred inside the Tartaruga bar, in the Park of Nations.

Numerous individuals had to be assisted by INEM emergency medical teams, 11 of whom were actually admitted to hospital.

No arrests have been made so far, though five individuals have been identified in relation to the incident.

The gas is currently being analysed in a laboratory.

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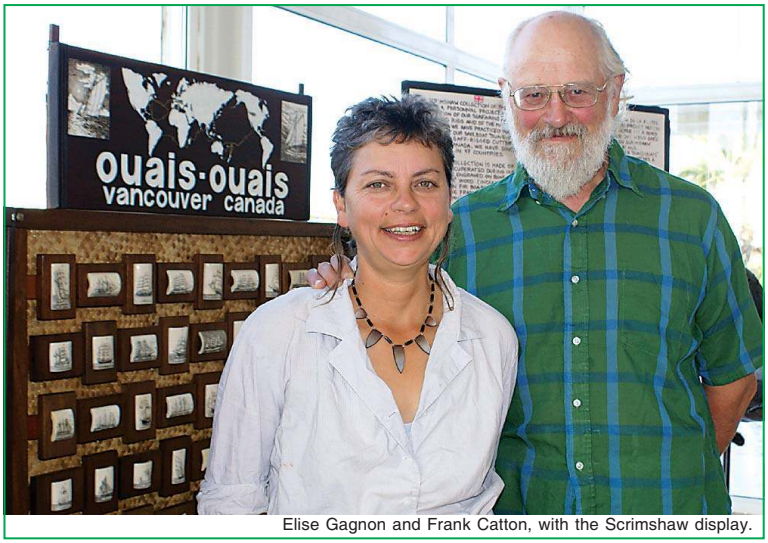
Keeping the whalers' tradition alive

When the 10 metre, gaff-rigged yacht 'OUAIS-OUAIS' berthed in Marina de Lagos, there was an unexpected treat on board for all local sailors. Her owners (and builders!) Frank Catton and Elise Gagnon have produced a fascinating display of the modern application of 'Scrimshaw', the traditional past-time of the whaling fleet sailors.



Elise Gagnon and Frank Catton, with the Scrimshaw display.

The old-timers would while away their spare time at sea by engraving pictures on whale tusks or teeth. The subjects were often of the whalers in action, but a particular favourite was to capture their own ship in full sail.

Using whalebone or tusks is illegal these days, but Frank has devised a technique for preparing and mounting cattle bones so that they are a realistic substitute. Elise, meanwhile, has developed her own artistic talents in the use of this demanding art form. Together, they have produced an amazing collection of 135 engravings of different sailing vessels – all in full sail and correct in every detail. Their exhibition even provides a magnifying glass for those who want to check that the rigging is accurately portrayed!

Frank and Elise are originally from Vancouver, Canada, and they have been sailing together since 1980. Portugal is the 47th country they have visited and Marina de Lagos is proud to be the 353rd port-of-call for 'Ouais-Ouais' and her intrepid and talented crew.

The exhibition is open – and entry is free – at the Marina de Lagos reception offices, from 0900 to 1900 daily, until 21st October 2007. Don't miss it!

Terry O'Brien

Fortaleza da Luz Restaurante hosts
'The City of Coventry Brass Band'
A charity concert in aid of NECI* … help us help the children!

Come and enjoy an afternoon of nostalgia with the wonderful 30 piece Coventry brass band playing all your favourite tunes in the gardens of the Fortaleza:

- Music from the shows,
- Film themes,
- Famous British marches,
- Popular Hymns,
… plus many, many more

2.30- 5pm
Saturday, 20th October

Tickets on sale at the Fortaleza da Luz: advance tickets €15, on the door €20. Includes welcome drink. Call 912511196 for further information.

*NECI is a Luz based school helping mentally and physically handicped children overcome their dissabilities

Freemasons aid Oncology unit

On Monday 8th October the Worshipful Master Eddy de Bie and Brother John Gilbert from The Lodge of Discoveries No.9409 of the English Freemasons in the Algarve had the pleasure of handing over a cheque for €2,000 to the Representative of the "Associação Oncológica do Algarve" (AOA), Sra. Maria de Lurdes Pereira at the Hotel Garbe in Armação de Pêra.

As is customary within Freemasonry, the Worshipful Master chooses a charity to which he wishes to donate funds. Which, with the help of the Brethren and their Ladies is raised through various events organized during his year in office, i.e. BBQs, lunches and the highlight of the year, the Ladies Night held at the Hotel Garbe, which went with a bang thanks to the professionalism of the management and staff.

The Worshipful Master Eddy de Bie chose to support the Cancer Research Unit in Faro as the charity for his year in office. The AOA is currently building a hostel in Faro, near the Radiotherapy Unit, where patients coming from different parts of the region may stay whilst undergoing radiotherapy treatment, therefore this cheque will be put to good use supporting this project.

Without the help and support of his fellow Masons he could not have achieved raising this sum of money and he wishes to thank all and everyone for their combined efforts. Sra. Maria de Lurdes Pereira expressed her admiration for the charitable work that the English Freemasons in the Algarve are currently engaged in and gave heartfelt thanks on behalf of the Associação Oncológica do Algarve for this wonderful donation and assured that it would be faithfully applied by the AOA.

Maria de Bie, Maria de Lurdes Pereira, Eddy de Bie and John Gilbert

Santa needs your help

3rd Annual Shoebox Drive for the Elderly

Organisation of the 3rd Annual Shoebox Drive for the Elderly has already started in time for this Christmas. Castelos dos Sonhos, a registered charity who help more than 200 elderly people living in the Silves area, want to bring a sparkle to their festive period.

To be a Santa's little helper is really rather easy all that is needed is a shoebox, lots of goodies, festive wrapping and a little imagination. Once you have located an empty shoebox (most shoe shops are happy to give them away), the next step is to decide whether your gift will be tailored to a man, woman, or couple. Then start filling your box with individually wrapped presents that will brighten someone's day. Filled shoeboxes may be delived to Castelo dos Sonhos or the Hotel Garbe between 15th November and 1st December, 2007.

Organisers would also like associations or groups to join in with this initiative in order that they can reach their targets.

For more information and suggestions for the contents, please contact Celia Mossman on 282 332665 or e-mail dacemoss@sapo.pt.

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UNDER NEW OWNERSHIP
Paula & Seamus wish to thank all their clients for their support over the past two years. New owners Geoff & Margaret will be continuing business as usual. Phone numbers are as follows: 282 427 345 / 917 774 507. We wish the new owners every success for the future.

Have fun with the RDA

Riding for the Disabled (RDA) in the Algarve needs active and fun people from all language groups to assist them with its project. If you would like to help in a very worthwhile way and, at the same time, meet new people, we would like to hear from you.

Riding for the Disabled in the Algarve will shortly be resuming sessions for physically and mentally challenged children and young adults in a specially designed programme, using the horse's movement to help with their problems.

Voluntary helpers are needed to lead horses or walk alongside less able riders. No previous experience of horses or handicapped people is necessary as instruction and help will be given. Sessions are held during the school week at Pinetrees Riding Centre, Ançao, Almancil (between Quinta do Lago and Vale do Lobo) and last for approximately one hour or, once you are really fit, you could even do two sessions in one morning!

The sessions are on a Thursday and Friday morning. Please come along and meet the team, have a cup of coffee and hear more about our work. Telephone Sandie on 919060604 or Rosemary on 964027677 for more information.

Riding for the Disabled in the Algarve will shortly be resuming sessions for physically and mentally challenged children and young adults.

No more construction for coastline

New regulations have led the Regional Coordination and Development Committee (CCDR) to guarantee that, whilst more development can be expected to take place within the region, building within 500 metres of the coast will be strictly forbidden due to new PROTAL restrictions (Regional Planning and Territorial Ordaining) that the CCDR intends to fully enforce.

Talking to press agency *Lusa*, João Faria, head of the CCDR, said that, at present, within the 500 metre coastline band, only 1.3 per cent of all land is undeveloped and that a full balance has now been reached.

"We understand hoteliers complaints that possibilities for investment have now been limited, but this is the region's only possible balance", he said, describing the existing percentage of free land as "despicable".

He also added that within 2.000 metres of the coastline the situation is little better, offering 10 per cent of undeveloped land.

The new PROTAL restrictions, implemented in August, could eventually be changed should other regional entities appeal for alteration.

Said João Faria, "the brakes need to be put on this pressure that is weighing on the coast", explaining the need to diminish the asymmetry between the over-populated coastline and the nearly deserted interior.

Above-ground 'subway' possible for Algarve

Making use of the region's existing rail network to create an 'aboveground subway' as opposed to increasing the number of buses to satisfy growing demand for public transport, is an option currently being studied by the Regional Coordination and Development Committee (CCDR).

Should the numbers of passengers justify it, a tram system may be a preferred alterative to increasing the number of buses.

An in-depth study monitoring public transport and passenger figures will be carried out to determine the best option, and should be complete by 2008.

A number of projects to take shape in the Algarve in the near future, like the *Parque das Cidades*, between Faro and Loulé and which will comprise the new Central Algarve Hospital as well as a multi-use sports pavilion, could also affect the decision and is a factor that must be considered.

It is a possibility that has long been suggested as the ideal answer to the region's current public transport problem. Originally proposed during the build up to the Euro 2004, the idea was shelved due to lack of financing as well as disagreements between municipalities.

Upgrading EN125 a priority for the next decade

Improving the notorious EN125, which runs the entire length of the Algarve and is said to be one of the deadliest roads in Europe, is a project that will outline the next ten years, said João Faria of the Regional Coordination and Development Committee (CCDR).

According to the CCDR, two or three significant investments will be injected into larger structural changes, followed by a series of smaller works, though these have not yet been specified.

Diminishing danger for drivers and improving access to businesses along the stretch are two of the main goals, as according to João Faria, the EN125 has almost become a "street".

Passing through 12 of the 16 regions, the works are not expected to be quickly completed, as, says the CCDR, speed 'can not be a predominant aspect of any improvement works'.

Even so, the project for improving the EN125 still depends on the input and decisions of various ministers, though, says Faria, the Association of Algarve Municipalities is "responding well" to the CCDR's proposed project.

It is estimated that the overall investment will top 553 million euros.

Seven year sentence for paedophile father

A man who sexually abused his four year old daughter has been sentenced by the Portimão courts to seven and a half years' imprisonment.

Dating back to November 2006, the case was first denounced by the man's wife, who was reportedly made aware of the ongoings by the victim.

After considering all aspects of evidence, including statements from the child, courts deemed the crime 'extremely serious' and condemned the man to six years and six months imprisonment for sexual abuse, as well as two years for coercion, resulting in an overall sentence of seven years and seven months. The man reportedly told his daughter that if she was to tell anyone about the crimes, he would cut off her arms and legs. Of around 50 years of age the man, who worked in the hotel industry, often stayed at home alone with the child as her mother went to work.

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Meet & Greet - Selling for Life!
Derek Douglas works with Tom Henshaw for the Algarve Resident. He has worked in sales all his life and for over 20 years was Sales Director with Pringle knitwear. Tom has also been involved in Sales all his working life in all aspects of furniture manufacturing and worked for three well known companies in that field. We are offering a humorous view of selling and how it works and sometimes does not! It is meant to give a view of pointers and experiences in sales.
Wednesday October 24th 2007
Network Meet & Greet at Cottons Restaurant, Alto Club, Alvor
19:00 for 19:30 – Sit down dinner
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Evergreen gardens' lush landscaping

Evergreen is one of the Algarve's youngest garden maintenance and landscaping companies, though that does not mean to say it is less experienced than any of the longer established businesses. It is run by Bob Sneijers, who since his teens has worked in his family's garden centre business, and, complemented by an artistic flair that is second to none, has a wealth of knowledge that even the most studious floral enthusiast would envy.

With just over two years under its belt Evergreen is currently expanding at an impressive rate.

It offers a youthful, contemporary approach to garden design, harmonised with traditionalism in planting and materials, incorporating plenty of points of interest.

A fine example was the garden design Evergreen created for last month's International Algarve Fair.

TV Garden Specialist Kirsty King discusses Evergreen's Bob Sneijers' garden with The Portugal News' Carrie-Marie Bratley. (Photo: the Portugal News)

A close-up of the w aterfall.

With a beautiful water-feature built from thick, wooden railway sleepers, gravel and paved areas and an artistic sculpture, the project was simple, unusual, low-maintenance, yet highly-interesting.

The white scupture created a stark and beautiful contrast to the dark wooden railway sleepers.

According to Bob, the design was of Oriental inspiration, a spontaneous vision that started with the central pond, the rest developing around it.

"We decided to go for an Oriental style garden as I had the idea of the water feature, and that is very important in that style garden", he says.

"The water attracts people, as it is alive, and Oriental style gardens work very well in this climate. Here in Portugal it is not as humid as Oriental countries, but the climate is very similar".

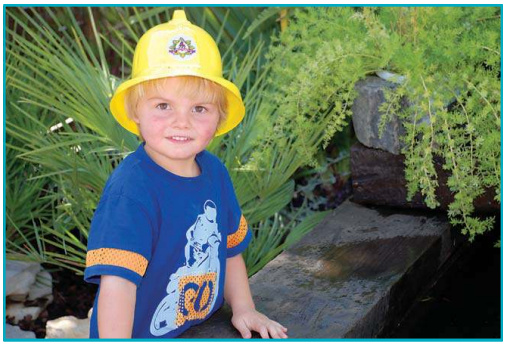
Taking nearly six days in total to construct, Bob's design was very popular with visitors.

"The key is to achieve balance in gardens and not overdo things, don't exaggerate", he continues. "Landscaping can often be frustrating as people won't always give you the freedom to do what you want, what you think would look best, but as long as there is balance a garden will always look good".

Bob is passionate about nature and that is why he opted to branch out into landscaping and garden design.

"I just really enjoy being around nature", he says, "being around plants, water, lights, it is a very complete area, you can incorporate anything into landscaping, from art to animals!"

For more information on Evergreen, contact: Bob Sneijers, 918 277 719 / 964950785, evergreen_info@hotmail.com



Visitors admire the waterfeature made from old railway sleepers

The pond created by the waterfeature.

*The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address (even if you wish to remain anonymous on the page), and be of no more than **300** words to: The Portugal News, Apartado 13, 8401-901 Lagoa. Fax: 282 341 201. E-mail address: letters@the-news.net*

This is not justice

SIR, It is with great sadness and shock that I heard of the news that a new law in Portugal had set free the three Romanian criminals who killed my husband during a robbery in our Algarve home in April 2005. I thought that justice had been done when they were sentenced to 22 years each in 2006 for this violent and murderous attack.

Whilst I see that human rights would give them leave to appeal against their sentence, I do not, and never will, understand why they were allowed out of jail during their appeal. I rang the Police in Faro, only to be told that, they had not been informed of these men being released, neither did they know the location, at that time, of these criminals.

This gives way to my belief that the human rights of the Victims of Crime in Portugal have no standing, it gives a clear message to criminals, 'Whatever you do, make an appeal and you will be AUTOMATICALLY set free!'

These men took my husband from me, took a way of life we were enjoying, took my health and worst of all, this new law has taken away my faith in the Justice System of Portugal.

HELEN TURNER, By e-mail

So here we go again

SIR, It must be October, the ferry prices are coming down and lo, deep joy, there they are, all the 'wild' campers stuck in the best view, underwear blowing in the breeze, deck chairs out, chucking their waste water everywhere. I can't wait to hear how much they are contributing and helping businesses on the Algarve (except of course camp sites where they should be!) and an assortment of other excuses as to why they are allowed to break the law .

NAME & ADDRESS SUPPLIED

Torture in Portugal

SIR, It is widely advertised that there is no torture in Portugal. That is not true!!

It is true that it is not practised by the authorities; nevertheless it is practised with their complacency. More specifically it happens in Algarve, in the so called 'Old town' of Albufeira. To be submitted to this form of torture you have to buy, or rent an apartment in the 'Linda Vista' building, in the Av. da Liberdade facing the 'Central Planet' cafe/bar.

This recently open cafe/bar, in a residential area, has a musical system that is more adequate to a stadium than a café. But, don't be deceived if you go there during the day, the music is being played to a very acceptable level, this is because the torture only starts after 8 o'clock at night. At this time of the evening that's when they decide to crank up the stereo, shaking the hell out of the facing apartments and the people living there.

The most interesting fact is that it is only with difficulty that we can figure out what music is playing, due to the low frequencies that are very loud and swamp everything. It is a 'boum, boum, boum, ...' that extends for 6 hours up to 2am (or later).

Numerous complaints to the GNR, City Hall, ASAE, Health officials, managed to lower the volume way down during the day. However at night it is not the same story, the volume is still high driving all the people, living in the 20 apartments facing the café, insane after enduring it for 6h/day 7day/week.

Of course inspections from the authorities happen during the day, not surprisingly the response received from the Albufeira authorities is that the problem is addressed.

The question is: - Is this the Portugal that wants to attract foreign investment from people living abroad? Like in my case and after 5 years of reasonable noise in a busy street we get hit with a real torture. I hope that Portugal is not a lawless country, not because the laws don't exist but they do not get applied and only God knows why not.

Both me and my wife are delighted to be back in Canada to be able to heal from this summer spent in hell.

A. NOBRE, By e-mail

Response to Anita Patmore (point 3 S.A. 29/9/2007)

SIR, I was born and bred in South Africa and arrived in Portugal on 27th July, 2006 at the request of my inlaws to care for them in their old age.

Anita Patmore was in S.A. in 1999, yes things were not too bad at that time, well a lot has changed and crime has sadly got much worse, but it depends on you as an individual if you allow fear to control you. One must always be aware of their surroundings at the same time. We have been victims of attempted crime on 6 occasions but refused to become fearful, but felt a bit on edge when sleeping at night and gun shots go off on your street outside your house on many occasions.

I could write a book about what happens in S.A. that I know of, experienced and have seen. One thing [that] really shocked me in Portugal was to see ladies leaving their handbags/purses in a shopping trolley while shopping, you just don´t do that in S.A., but as you said it is a beautiful country and I do miss it at times.

I now have a question for someone out there as I am still trying to adjust to this country and the way of living, my nerves get rattled when these fire crackers, no **mortars** more likely, go off at unreasonable times when festivals take place like 7.30am especially on Sunday, during the day, what effect does that have and at midnight which is ones deepest sleep. Why do people celebrate something that is dead with fire crackers?

I am really interested to know the way things operate here. Where can one get all this information from? Also, I have noticed that crime is also on the increase in Portugal.

May I add as well, that I am a white S.A: not black, because my husband has been asked this question so many times and people are surprised that I am white. To help others out there S.A. is a mixture of many colours, that´s why they call us the Rainbow Nation.

Thank you for allowing me to express my views and ask questions.

JUND DA SAILVA, Vianna Do Castelo

Understand what you are getting

SIR, A warning for anyone thinking of purchasing a new phone from Portugal Telecom, perhaps seduced by their offers of money back of the bill.

After a lightning strike upon my phone line it was necessary for me to purchase a new base station for my phone. The assistant in the shop where I bought it told me (and there was a large note on the box to this effect) that I would receive a €90 discount on calls made on the new phone over the subsequent 60 days. I registered the new phone, as I should have done, and was rather surprised to find that the actual discount received was €1.43. This is, as you will note, somewhat less than the promised €90, some €88.57 less in fact.

Upon returning to the shop and remonstrating with the store manager I was told of one important detail which had not previously been revealed. The discount was not to be off my bill but rather, only calls made from PT landline to land line. It did not even extend to mobile phones on the networks, which the same company owns.

As I say, just a friendly warning: check the details on such offers thoroughly.

PETER.W.CLARKE, By e-mail

Portugal's motorway surfaces

SIR, My wife and I moved to Portugal for many reasons. Our country property is situated in the Boliqueime-Tenoca area, very popular by the English. Being away from the coastal area should mean that you have a peaceful environment around you. But we found that the motorway being over 1/2 mile away from us creates a constant, awful sound, which I could compare with the runways of Faro airport! When is Portugal going to surface (Tarmac) its concrete motorways and why is the motorway surfaced at certain areas? We also experienced whilst driving on the motorway that the surface creates dust and the concrete glares, you end up with extremely sore eyes and bad visibility, which can promote accidents. Not being super sensitive but our friends share this opinion too. Myself 65 years old put our savings into the property and we are so distressed we are now thinking of returning to England. My wife thinks that the Portuguese do not consider peoples' welfare and saving money on things like a safe motorway or any major roads which used by many holidaymakers as well as the natives is clearly unacceptable and shows carelessness in the system.

B. CARTER, By e-mail

Why come to Portugal and then knock it?

SIR, I came to live in the Algarve a year ago in the hills above Loulé. My wife and I have found our Portuguese neighbours friendly and helpful in every way, especially if we can speak basic Portuguese.

We are amazed at the critical letters you publish from English people knocking Portuguese ways of life.

Why come to a place that doesn't suit? Either to live or on holiday? The pace is slower and more pleasant than in the UK; that's why we are here, and as for the media tumult over Madeleine McCann the British should start solving their own, far more numerous crimes before criticising others.

We do have one problem here however. How do we get broadband? Our local school has it. But we have been on the PT waiting list for over a year now, and all the various wireless companies masts are grouped in one place, which is out of line of sight to our home.

We live in the village of Clareanes and if anyone knows a way we can obtain broadband here please let us know. Maybe there are others we can join with locally to get it.

JOHN & JANET BENTLEY, By e-mail

Portuguese for Beginners 104

Emília Rosendo

THIS LESSON: Revision Exercises

① ***Choose the correct word(s) - in a), b) or c) - to complete each sentence below.***

1. - Querem peixe ___ carne para o almoço?
- ___ peixe.
a) ou...Querem **b)** e...Queremos **c)** ou...Queremos

2. Os supermercados oferecem cada vez ___ aos consumidores, ___ os preços descem.
a) mais...porque **b)** mais...por isso **c)** menos...por isso

3. Ele está ___ nervoso que não diz uma palavra acertada.
a) tão **b)** tanto **c)** bastante

4. Nós subimos as escadas e, ___ , vimos um sótão cheio de coisas antigas.
a) no andar de baixo **b)** no andar de cima **c)** além

5. - É verdade que tu ___ viste neve?
- Não, não é. Vi neve ___ quando visitei a Serra da Estrela.
a) às vezes...muitas vezes **b)** sempre...duas vezes **c)** nunca...uma vez

6. ___ ainda não saí de casa ___ está a chover.
a) Hoje...porque **b)** Ontem...porque **c)** Hoje...por isso

7. Eu tenho uma caneta desta marca. A ___ (*caneta*) é preta.
a) minhas **b)** meu **c)** minha

8. Março é o ___ mês do ano.
a) terço **b)** três **c)** terceiro

9. Neste momento, todos os jogadores ___ um pouco. É o intervalo do jogo.
a) estão a descansar **b)** descansar **c)** estão descansar

10. - Aonde vocês ___ hoje de manhã?
- ___ ao mercado para comprar legumes.
a) foram...Foram **b)** foi...Fomos **c)** foram...Fomos

11. - Tu ___ para casa a pé ou de carro?
- ___ a pé.
a) foste...Fui **b)** foi...Foi **c)** foste...Foi

12. Durante as nossas últimas férias, o tempo ___ muito instável.
a) foi **b)** esteve **c)** teve

Please send your completed exercises, with a **STAMPED, SELF-ADDRESSED ENVELOPE**, to me: Emília Rosendo at The Portugal News and I will send them back corrected. **The Portugal News - Apartado 13, 8401-901 Lagoa. Tel: 282 34 11 00.**

Poll shows large majorities in biggest states want treaty referendums

Large majorities of voters in the European Union's five biggest countries want referendums to be held on ratification of the Reform Treaty the bloc's leaders are expected to approve in Lisbon this week, according to a poll published by London's Financial Times on Thursday.

The Harris poll of more than 5,000 adults, carried out between October 3-15, showed that more than 60 percent of respondents in Germany, Britain, Italy, France and Spain wanted a say on the proposed charter, rather than having it ratified by parliaments.

Only one of the 27 EU states, Ireland, is required by law to hold a referendum on the treaty, a process most other member states have indicated they would prefer to avoid after referendums in France and the Netherlands downed the European constitution initiative in 2005.

On Wednesday, British Prime Minister Gordon Brown turned down conservative opposition calls in parliament for the holding of a treaty referendum.

Earlier, in a letter to EU counterparts, Brown said that the Thursday-Friday Lisbon summit, centred on approval of the treaty, came at a "critical moment" for the EU.

"For the first time in its history, the EU needs to become a truly world actor", Brown wrote, urging his EU colleagues to end the prolonged "introspective institutional debate", act on the treaty and move on to making the bloc the world's "first economy".

Once institutional issues were resolved, Brown said, the EU could "concentrate" its efforts on what counts most for its people - "economic growth, the environment and security".

The poll published by the Financial Times showed that 76% of Germans, 75% of Britons, 72% of Italians, 65% of Spaniards and 63% of the French wanted a referendum on the proposed treaty. *TPN/Lusa*

The Algarve Wine Society visits Dão

Last week 34 intrepid members of the Algarve Wine Society travelled north to visit the Dão wine region on a trip organized and led by Committee member David Grindley. The group assembled Tuesday evening at their "base camp" – actually their mountain eyrie – in the Pousada de São Lourenço in the Serra da Estrela, from whose 1,500 m heights they enjoyed stunning views of Manteigas and the Zêzere Valley far below. Lots of pre-dinner nibbles accompanied the traditional welcome drink, which was followed by an excellent dinner in the pousada.

Wednesday morning a coach took the group down the western slopes of the Serra to Viseu, where they visited the Solar do Vinho do Dão for an introduction to, and a tasting of good examples of, the region's wines. Dão is Portugal's oldest wine region, having been demarcated in 1908. It is an area where thousands of small producers work their own vineyards and most of the 20,000 ha. of vines are planted at altitude – between 400 and 700 meters. In addition to a few widely known grape varieties, like the noble Touriga Nacional and Tinta Roriz (Aragonez), Dão uses some lesser known varieties to very good effect, like Jaen and Alfrocheiro (reds) and Encruzado, Bical, Cercial, Malvasia-Fina and Verdelho (whites).

After a lovely lunch at O Cortiço and a stroll in the Adro do Sé in the pretty centre of Viseu, the group moved on to Penalva do Castelo where they toured the beautiful Casa da Insua and its fantastic gardens and tasted the estate's wines. Later in the afternoon a visit was paid to Quinta da Boavista in Penalva, where João Taveras offered a number of his wines to sample. The rosé was both surprisingly fresh and very much appreciated. Dinner was in the rustic Albertina restaurant in the heart of Gouveia.

Thursday morning the party had the privilege and pleasure of tasting some really excellent white and red wines at Quinta dos Roques, where Luís Lourenço proved to be a most hospitable and knowledgeable interlocuter. Included in his offerings were stupendous white single varietals Malvasia-Fina from his Quinta das Maias property and Encruzado from Roques and red varietals Jaen (from Maias) and Touriga Nacional (Roques). The next stop, at Peter Viktor Eckert's boutique winery Quinta das Marias was equally interesting. Here the grapes are stomped by foot rather than being pressed by machine and the very limited output is of the highest quality.

Lunch was at one of the region's best restaurants – Bem Haja in Nelas. The next stop, at Peter Viktor Eckert's boutique winery Quinta das Marias was equally interesting. Here the grapes are stomped in the lagars by foot rather than being pressed by machine and the very limited output is of the highest quality.

After this pleasant interlude the group motored to Seia where sterile masks and gowns were donned to visit Casa Matias, one of the foremost producers of queijo da serra. Unfortunately, a planned visit to the local bread museum had to be passed up for lack of time. Thursday evening was the group's Gala dinner at the pousada.

Friday it was time to return to the Algarve but a number of the participants couldn't pass up the opportunity to stop at Quinta de Cabriz in Carregal do Sal for a final tasting on their way home. It had been a memorable, and most educational, trip.

The Algarve Wine Society's next events include a visit to the Morgado da Torre winery near Penina, followed by lunch at Solar do Farelo. On October 31st, a tasting of Dão wines in the Algarve on 21st November, the Society's traditional Christmas lunch at the Orangerie of Vila Monte in Moncarapacho on 12th December.

Information about the Algarve Wine Society, or membership applications for the 2008 membership year, may be obtained from the Secretary, Larry Hampton, by e-mail (hampton@mail.telepac.pt) or by mail to Quinta da Mesquita, Cerro da Mesquita C.P. 310-A, 8150-025 São Brás de Alportel.

The AWS touring group in the garden of Casa da Insua in Penalva do Castelo.

A swinging end to summer

The final 'Zonda Tasting of the season' took place at the end of September with WineMine again providing a very drinkable selection of reds, whites and a rose from the Ribatejo, as well as a particularly tasty red from California. Boxes at discounted prices were 'flying out of the door'!

Unfortunately the planned return of Wendy with her extremely popular range of English cheeses and pickles had to be cancelled due to the return of Foot & Mouth restrictions in the UK, making export of these products impossible. Stepping in at the last moment was Bill and his BBQ. This month saw spicy lamb sausage, pork & herb sausage, marinated chicken breast and boned leg of lamb.

The musical entertainment again provided a classy backdrop to the eating and drinking with Russell & Duncan, (The Swing Thing) producing their well-loved interpretation of beautiful standards from 'The Great American Songbook'.

If you haven't yet had the opportunity of hearing them at Zonda this year then catch them at The "Bon-Bon" restaurant in Sesmarias which lies just on the edge of the "Pestana Golf Resort next door to Carvoeiro every Friday evening.

Given the time of year, interest at Zonda focused firmly on their range of gas and electric patio heaters together with bar accessories.

Zonda is open throughout the winter from 10h00 to 17h00, Monday to Friday and from 10h00 till 13h00 on Saturdays, where you can view everything 'poolside', from exotic outdoor furniture to accessories, awnings and BBQ's. Located on the EN125 (going east) about 1km before reaching the Quarteira roundabout.

Bowls Algarve Inter Club League

Matches Played Saturday 13th October

The new season started today in glorious weather, all teams no doubt dreaming of lifting the coveted title. This season sees a nine team league so one team will rest each week. The first round of games saw Algarve Harlequins visit Tavira Titans and come away with a very convincing away win by 80 shots to 27 and sweeping all 8 points available. Over at Alvor, the Greens entertained the PDF Sinners and won a close match by 72 to 48 and by 5 points to 2. Meanwhile VDL Wolves made the long trip to PDF to play the Crusaders and the home team romped home by 78 shots to 26, taking all 7 points. In the final game this week, ABC Cats played host to the Alvor Gladiators and edged home by 60 – 45 and by 5 points to 2.

So the Harlequins top the table at this early stage, closely followed by the Crusaders and then the Greens and Cats. Gladiators and Sinners come next, with the Wolves and Titans currently bringing up the rear. Tavira Tigers rested and will start their campaign next weekend.

The Inter Club competitions have been drawn and will start shortly. Entries are well up on last season and there is a separate ladies singles this year. Mens singles have 41 entries and the ladies 23 (35 last season when it was a mixed competition). Pairs are up from 35 to 40, triples from 18 to 24 and fours up from 11 to 18.

All in all a very busy and entertaining season in prospect.

Alan Clarke
League Director

Vale de Milho Golf

Ideal for short game practise!
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Vale de Milho - A 9 hole, par 3 golf course, was designed by the Ryder Cup player Dave Thomas, to provide a real challenge throughout it's 926 metres for all standards of players.
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"best designed (Algarve par 3) layout" - Greg Turner.
"Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

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Going Clubbing?

Are you a member of an association or group that deserves mention? Then this is **your opportunity** to tell the nation all about it; find new members, or maybe even start your own.

From **walking** to **wine tasting**, **golf** to **gardening**, **cricket** to **crocheting**, we would like to hear what **team activities** you enjoy in your free time, and what they are all about.

Send your stories and pictures to: copy@the-news.net

Skin focus: Sensitized skin

Do I have sensitised skin?

Up to 90% of the population perceives their skin as sensitive. But do you really have sensitive skin? This inquiry is not posed to make you question your skin's redness, irritation and discomfort. It is actually posed to point out there is sensitive skin, and then there is sensitized skin. Sensitized skin is the growing phenomenon of skin experiencing sensitivity because of environmental assaults, cosmetics, poor diet and the natural aging process.

Sensitive skin versus sensitized skin

A true sensitive skin type is caused by a genetic predisposition. This genetic predisposition is found in those who have very fair skin and are usually of Northern European ancestry.

Someone with a truly sensitive skin is highly prone to blushing and may experience bad hay fever, allergies or asthma.

Sensitised skin can affect any person of any racial background or skin colour. Symptoms for sensitive and sensitized skin do have a lot in common (itching, burning, redness, flushing and stinging), but in many cases, sensitized skin can't be seen by the naked eye, as it resides much deeper. And, our microclimate, or the climate we are exposed to in our home, cars, offices and during air travel, changes daily, meaning our level of sensitization can vary.

What causes sensitized skin?

Environmental Assaults

The fastest rising factor contributing to sensitized skin is environmental assault, as the epidermis (top layer of skin) is constantly exposed to assault from the sun, extreme weather and pollution.

1. The Sun

Exposure to the sun causes water to evaporate from the skin, making it more prone to sensitivity. Summer activities, such as swimming, can also cause skin irritation, as chlorine in pools and salt in ocean water are abrasive and drying.

2. Pollution

On average, our skin is exposed to an estimated 6 million chemicals, and roughly 2,800 of these have sensitizing properties. Extensive exposure to Nitrogen oxides (from road traffic, industrial heating units, etc.) and volatile organic compounds (from hydrocarbons and waste) contributes to the steady rise in sensitized skin cases.

3. Cold Weather and Low Humidity

Cold winds and low temperatures can dry out skin, depriving it of balanced levels of oil that keeps skin lubricated. Without these oils, skin becomes dry, and is more prone to sensitivity because of the lack of protective oils. This goes for forced air heating as well. Warm, dry air acts like a sponge, soaking up moisture from everything it touches.

Aging

Scientists agree that there is a sharp decline in the Stratum Corneum lipids as we age (lipids are fats that are essential for the structure and function of living cells). Meaning by the time we reach age 40, our skin will almost certainly be dry and/or dehydrated. Without these protective lipids, skin is left exposed and defenceless against external aggressors, and the chances for reaction to the environment increase.

Ingredients

Certain ingredients in cosmetic can cause irritation and exacerbate skin sensitivity. More importantly, these ingredients can be found in skin care ingredients that claim to help treat sensitised skin! Some ingredients that can sensitize skin include fragrances, D and C colours, preservatives, and lanolin.

Lifestyle

The lack of "good" fats in our diets is a contributing factor in skin sensitivity and could explain the increase in the percentage of the population that suffers from psoriasis, eczema and dandruff. Smoking can also have a drying effect on skin, as smoking inhibits the body's ability to provide oxygen and nutrients to the skin. Smoking drains skin of vitamins A and C and restricts blood vessels - meaning smoking is somewhat like suffocating the skin from the inside. And, an excessive intake of alcoholic beverages and certain medications (such as nasal decongestants) can also contribute to dry skin.

Typically sensitive skin: Very fair skin and red hair.

Over-cleansing

The loss of existing oil is commonly caused by excessive bathing or showering, scrubbing, or the use of harsh soaps that dissolve the protective layer of oil. In addition, shaving without a protective medium or using dull razors can also weaken the skin's barrier function, leaving it exposed to environmental assaults.

How do I treat my sensitized skin?

When skin is healthy, a sensitized skin condition is minimized. Professional skin treatments coupled with the right lifestyle choices are great ways to begin treating sensitized skin. An effective sensitized treatment will include gentle cleansing, soothing and

anti-inflammatory based products, hydration and pressure point massage techniques to help increase the skin's natural protective barrier while repairing previous environmentally-induced damage. The "less is more" rule should be followed during any professional sensitized skin treatment and at-home regime. Exoliation can be performed on sensitized skin, but should be done only under the recommendation of a professional. A traditional product used is Dermalogica's 'Daily Microfoliant', as it does not compromise the barrier level off the skin, is non-invasive and less aggressive than other forms of exfoliation. Essential oils of Lavender, Sandalwood and Eucalyptus are ideal for hydrating and healing sensitized skin.

The success of treating your sensitized skin will be heavily influenced by your homecare routine, and the wearing of sunscreen anytime skin is exposed to daylight. Dermalogica's 'Super Sensitive Faceblock spf30' utilizes physical UV-blockers instead of chemical UV-blockers which can sometimes increase irritation. Proper skin care techniques will also help ease skin sensitization. Do not use hot water when cleansing, don't use excessive or abrasive movements, and stay away from artificial fragrances or colours. In addition, take note of what triggers the 'red' reaction in your skin. Certain foods such as artificial sweeteners or spices can bring about the flush look. Also be aware of your hormones, stress levels, physical excertion, adrenal shifts and alcohol and nicotine intake.

With the correct products and advice you are able to successfully treat both sensitive skin types and sensitized skin conditions. However, sensitive skin is a complicated and in depth subject and every case will be different. It's important that if you suspect that you have a sensitive skin or a sensitized skin condition that you consult a skin care therapist as they will be able to give you a personally prescribed homecare regime.

Suzie Bell, Senses ... skin care centre: www.senses-skincare.com

How

If you're back to work after the summer break and struggling to find the energy for sex, while your partner is feeling full of beans, you'll know that sex drives in relationships don't always match. We reveal how to get back in synch.

Do you have great sex? Or do you just wish you did? Living in an age when Ann Summers' accessories are nearly as ubiquitous in the household as broadband, and offers for Viagra inundate our email inboxes, it's easy to feel like we're missing out on something great. And as a 2006 Zestra UK National Relationships Survey found, maybe we are - seven million women in the UK said that they wished they enjoyed sex more.

But attempting to spice up your sex life can often end up being more stressful than scin-

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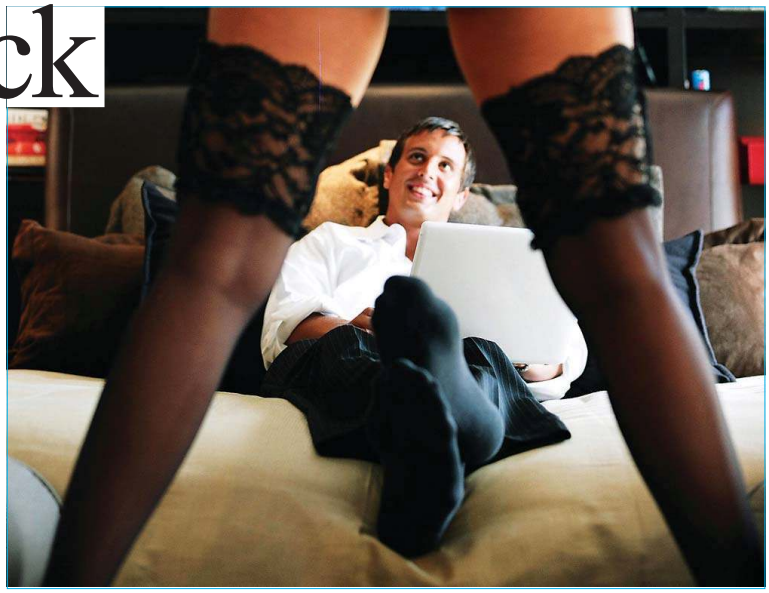


tillating, as 'having great sex' has replaced the notion of, quite simply, being satisfied in bed. So how do we solve the problem?

A MODERN DAY LOOK AT SEX

"If you Google 'great sex', you get lists of sites promising 'sensational sex', 'hot sex', or 'how to boost your libido'," says Dr Sandra Pertot, whose new no-nonsense book, When Your Sex Drives Don't Match, published by Fusion Press, priced £10.99/ €15.77, delves into the subject of not just boosting one's sex drive but actually finding sexual happiness. "That's what people want the answers to."

But those answers, she says, are not that straightforward. In her 30 years of work as a clinical psychologist and sex therapist, Pertot's found that identifying certain libido 'types' helps solve problems between couples more than one generic answer - or pill - ever could.

"The old shame in sex was about doing dirty sexual things," she explains. "But today it's, 'you're not as good as you should be', or, 'you don't perform well'. The focus now is on 'normality'."

Instead of appreciating people for their quirks and differences, she says, we've blurred individuality to "allow for arbitrary judgements to be made about who is normal". And today that means that one should have "a regular and persistent sex drive, easy arousal, strong erections and powerful orgasms".

But people these days are just as dissatisfied with their sex lives as they were in the middle of last century, she says.

"We've got a situation today that I call sexual dysmorphia," explains Pertot. "You're performing normally but you're worried something is wrong."

Starting work as a therapist in the 1970s, she watched as her clients' sexual ignorance was replaced with the stress of having to fit in to a certain mould, to perform in a certain way.

"I've been fascinated with the issue of difference rather than sameness ever since," she explains. It led me to develop my theory that the sexual issues that couples struggle to deal with are usually not evidence of individual pathology or relationship problems, but reflect the fact that just as there are different personality types, there are different sexual types."

LOOKING AT THE LIBIDO

"Libido typing allows you to understand what's important to you in sex and how that might be the same or different to your partner's priorities," Pertot explains.

Discovering that you're an 'addictive', 'compulsive', 'dependent', 'erotic' or any of the other five types might seem a bit difficult or embarrassing at first, but being open to understanding yourself and what you like will help you in the long run, Pertot says.

The point is to recognise and appreciate the diversity in human sexuality.

"The secrets to sexual happiness aren't about what you do, but about trusting who you are and what you want, about discovering your own sex life," she explains.

Self-discovery plays a prominent role in Pertot's practical, easy-to-read guide. Quizzes and exercises, coupled with case studies, help you discover which of the 10 libido types you and your partner are, with recommendations to help you create a "mutually satisfying sexual relationship".

"I can't guarantee we can all have hot sex," she concedes. "But this isn't about settling for second best. It's not about boosting your libido. You live with your libido the way that it is. The answer is in enjoying sexual stimulation of a certain kind."

HOW TO GET THE MOST OUT OF YOUR SEX LIFE

Pertot recommends taking a look at yourself and what you like as a first step in dealing with a problem between couples. How important is sex to you? What do you hope to get from it?

"This is the most basic question of all," she says "You and your partner might have been at cross-purposes from the outset of your relationship if you differ in this core aspect of your sexuality."

Once you've thought this through, ask your partner to do the same, and then try talking about it.

"The first essential ingredient for effective communication is knowledge," Pertot says. "Knowing that people are different and have different needs sets an equal base for the two of you to operate from."

The second is confidence - in yourself and your partner. Feeling that you're inadequate sexually will undermine your ability to communicate effectively, Pertot says, and make you feel guilty, apologetic or submissive.

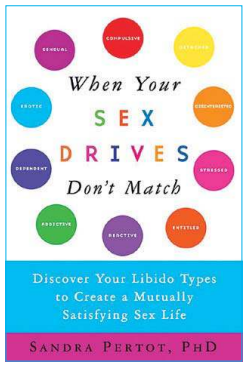
"Stopping judgment of yourself and your partner, and knowing you're both doing the best you can, is important," she adds. And the communication between a couple needs to be positive. Instead of saying, "I've told you a hundred times I don't like that", try, "Touching me this way makes sex better for me". Withdrawing, sulking, getting agitated, or being hostile, critical or abusive, are all unhelpful and unproductive ways of resolving mismatched libidos.

The final essential key in attaining sexual satisfaction is being prepared to listen.

"Communication based on point-scoring, or being determined to have your partner give in to your point of view, is a complete waste of time," Pertot says. Try to be respectful of the other's point of view and give them time to express it, and to work together towards solutions that are good enough for both of you.

"The pathway to a mutually satisfying sex life isn't always smooth," Pertot reminds us. "Some couples won't get everything they want, but if you focus on what you don't have, you'll be bitter and twisted. I think you have to be aware and take the time to appreciate what's good about the relationship and to make a point of commenting on that. We compromise in every other area of our relationships, so why not in sex?"

Kate Hodal



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Majestic Madrid

If a quick weekend break with a difference is what you are looking for then Madrid will tick all of the boxes. Safe, exciting and packed with culture, it is Europe's answer to the USA's New York; the city that rarely sleeps, experience La Movida Madrileña.

With low-cost flights from all three of Portugal's main airports, Lisbon, Oporto and Faro, and prices starting from as little as €22, it is a break you can't afford to miss. Flights take little over or little under an hour, depending on winds, making a trip to Madrid a quick and comfortable hop over the fence.

Accommodation is varied and caters from all budgets. For cash-strapped explorers, 'hostels' - a cross between a hostal and a hotel - provide rooms with private bathrooms at the price of traditional shared youth accommodation. No frills, they are clean and basic. On the other hand, Madrid is home to some of the world's most exuberant hotels, many occupying the city's extraordinarily grand buildings that are its trademark.

From the airport a taxi will cost around €30 to the city centre, but the subway system is cheap and uncomplicated. A three-stage journey from the airport to the city centre will take around 30 minutes and costs just €2.

Everything about Madrid is grand, from its architecture to its lifestyle. Emerging from taxi or subway, you will be amazed by the sheer scale of the city. Tall, palatial buildings make up the vias and callés, flanked by numerous monuments and landmarks as smaller, more elegant cubic buildings with dainty balconies are centred on the city's many squares and 'plaza' courtyards.

Most of Madrid and its more important monuments can be seen on foot. Three days is an ideal stint to spend in the city, which is safe and bustling around the clock. It is not unusual to see loners walking the streets in the early hours, though like with all main cities precautions should be taken, one can explore at any time with reasonable peace of mind.

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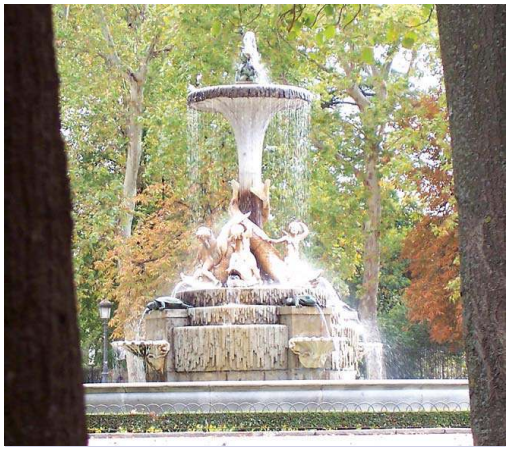

discovering the city's delights; one is to take a tourist bus, which drops off and picks up at most main monuments for about €20 (two days). But if mingling with the locals is your thing, purchase a subway tourist pass for less than half that price, which includes other modes of aboveground transport, like buses.

Two of the city's main attractions are located at opposite extremes: the royal palace, to the west, and the Atocha train station, to the east, being liked by the Gran Via main shopping street. Most of Madrid's other main attractions are situated between the two and can be covered comfortably in a day's meandering.

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It is worth setting aside a good few hours to explore the Parque de El Retiro, located just north of the Atocha train station. If weather is good you can stroll and drink in the beautiful flora, go boating on its immense lake, overlooked by a magnificent monument to King Alfonso XII, which features a semicircular colonnade and an equestrian statue of the monarch on the top of a tall central core. Otherwise just relax in one of the many cafés dotted throughout the park, drink a sangria, and get into the swing of a county where the afternoon's infamous siesta is still sacred.

Puerta del Alcalá, at the entrance of the park, is another stunning sight. Built in the late 1700's it was commissioned by King Carlos III as a monumental gate in the city wall to let through an old road leading to neighbouring Alcalá.

But one of the most breathtaking sights is without doubt the Palza De Cibeles, which reigns supreme amonst Madrid's many grand squares in Madrid. Surrounded by heavy traffic, in the centre of the square is the stunning Fuente de la Cibeles, or Cibeles fountain. Three other equally majestic buildings encircle the fountain, these being the prominent Palacio de Comunicaciones or Communications Palace. Built between 1905 and 1917, the cathedral-like landmark was once the post office headquarters and today is home to the postal and telegraphic museum.

Across from the Palacio de Comunicaciones is the Banco de España, Spain's central bank headquarters, and opposite this is the Palacio de Linares, a baroque palace built in 1873 by rich banker, José de Murga. Completely renovated in 1992 it currently houses the Casa de América, a cultural centre and art gallery focused mostly on Latin American arts said to be haunted by its first owner.

Less know attractions that are a must is the Sunday morning El Rastro flea market (keep handbags tightly shut), the perfect place to pick up anything from local delicacies to clothes, to mobile phones and handmade handbags.

Literally everything and anything is on sale at this market, and, reassuringly, a strong police presence can be felt. This is true in Madrid at all times, where a 24-hour police patrolling is to be commended.

Just on the outskirts of the city are other interesting places of interest, like the Egyptian Temple of Debod, situated a short way back from the Royal Palace, the monumental Plaza de Touros, north-ease of the city centre, and the unmissable cable cars, which cross the west extreme of the city, across the Manzanares river. These are situated in the Parque del Oeste, where you will be able to catch the cable car (teleférico) out to Madrid's huge Casa de Campo, offering beautiful panoramic views that stretch out towards the east of the city.

Pictured above: Colourfully decorated buildings in the centre of Madrid; below; The stunning Monument to Alfonso XII, which overlooks the lake, in El Retiro Park, Madrid; top left; An elaborate fountain in El Retiro park; and bottom left: A typical *'taberna Madrilène'* in the city. Opposite page - top left: Madrid's Royal Residence, the Palacio Real; top right: Palacio de Communicaciones (Main Post Office); and bottom: A wonderful selection of *'tapas'* for sale.

Another hotspot is the Chueca neighbourhood, a safe and fun Gay quarter, said to be the largest in Europe, that offers excellent boutiques and unusual bars. It homes a number of eclectic and eccentric eateries that put London's chicest to shame.

Madrid's nightlife is unique; the locals eat late, take their time, and thoroughly enjoy their socialising. Meals can start as late as 22h00, and linger on until the small hours. Tapas are the foods of choice and often become a full on feast, fuelled by sangria and red wine. There are many tapas dishes to choose from and are mainly rich and heavy, hence the slow consumption rate. They are to be savoured and enjoyed at the typically Spanish laid-back pace. Platters of regional cheese and Iberico cured ham slithers are accompanied with fresh crusty bread, and little plates of any number of delicacies, like squid fritters, peppers stuffed with anchovies, paprika sausage fried in cider, tortillas, and creamy mayonnaise-bound ensaladillas.

Located to the west of the city centre, the Plaza Mayor is a fantastic place to go for an evening. Inside the huge square it is lined wall-to-wall with tapas bars and restaurants, and is home to the La Roja bar, the place where locals go to have fun. Carved out of stone the bar is tiny and very typical. A resident keyboard player insists patrons help with the singing (to the point where a book of popular and traditional Spanish hits complete with lyrics is supplied), and despite the limited space, sprits get very high and full on dancing, on and off tables, is to be expected! Quite an experience. Discos are varied and open until daybreak, but quite frankly pale in comparison to little La Roja.

Another must is seeing a traditional flamenco show, in a theatre. Quaint theatres are found frequently throughout the city, ask a tourist information centre for where you can find a Flamenco show. Flamenco is as colourful and as exhilarating as the city itself, and no one should leave without experiencing the passion of the dance.

Madrid is the perfect place to recharge your batteries. You can do as much or as little as you like, at whatever pace. Whether you like to live life in the fast lane or take a back seat, shop, explore or just people watch, this is the city to do it in.

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Words and photos: Carrie-Marie Bratley

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Why a man lies...

As a survey shows men frequently lie about themselves, we offer women an insider's guide to the mysterious workings of the male mind.

I'm a man and I'm a liar. A pretty good one, actually. All those tells and tics you're supposed to have when you let fly a porkie? I don't get them. Which helps when I'm trying to pick up women, because I can say pretty much anything and sound like I mean it.

That's not to say I go into every encounter with some elaborate fake backstory. I've never pretended I'm a millionaire, or told fibs about some sad background to find sympathy with a similarly-afflicted girl. I have, however, pretended I was an Oscar-nominated screenwriter, told someone I was manager of the Arctic Monkeys and, for one bizarre evening, been an Australian adventurer.

And I'm not alone. Most men are compulsive liars if you believe the results of a new survey by Virgin, which found that one in ten British blokes between 18 and 40 added five thousand imaginary pounds to their salary, while 25% have lied about the size of their manhood.

Researchers concluded that men lie more impulsively than women, but added that one of the reasons for this is because the modern male is under more pressure than ever before in both his personal and professional life.

But is this true? Does lying work? Are women really impressed by faux tales of superlative salary, girth and length, especially when it's so easy to be caught out?

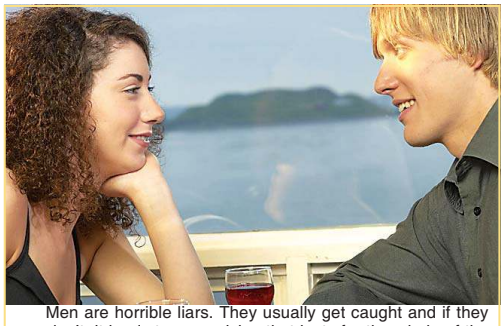
"There's two phases of male lying," says Neil Strauss, author of The Game, the bestselling memoir of his year as a professional pick-up artist. "Courtship lying to get someone to like them and relationship lying to keep their girlfriend from leaving them."

"Men are horrible liars," he continues. "They usually get caught and if they don't, it leads to a suspicion that lasts for the whole of the relationship. But I don't think men lie because they are horrible people, they lie because they're weak."

"I think there's more pressure on men," adds Susan Quilliam, a relationship psychologist and author of Body Language Secrets. "There's a much higher rate of male depression and suicide than there was. Because they are insecure, they will try and compensate by lying."

The lengths some men go to put my tales of the Australian outback to shame. Strauss recalls "guys who got fake bank receipts that showed huge balances and when they gave someone their phone number, they'd 'accidentally' write it on the back of them".

And actually, it's all women's fault anyway; with their rising pay packets and demand for equality. Us men still want to feel like we are cock of the walk and impress the ladies with our status and power, but the problem is, we are facing potential partners who are richer and more successful than us.



Men are horrible liars. They usually get caught and if they don't, it leads to a suspicion that lasts for the whole of the relationship. (Photo: Press Association)

It probably won't shock you to hear that I am currently single. What I do know is that my break-ups were about us as people, not about the size of my credentials.

The irony is that while we men think we have to impress with tales of luxury yachts and magnums of Cristal, in actual fact it's honesty and trustworthiness that are higher on a woman's agenda when it comes to looking for a mate.

"I think a man's belief that he has to lie about himself is based on a primitive understanding of what girls are attracted to," argues Neil Strauss. "[Men] think that women want a rich person, but they don't, they want to feel safe. What also makes them safe is a guy they can trust. So honesty and trust are for some women more important than wealth."

In fact, he believes most lying men are doing it for each other's benefit rather than women's. "Guys are still competing with each other to be the alpha male of the pack," he says. "There's a primal, evolutionary need to be the 'tribal' leader."

What's more, lying during courtship "is not going to work. If you have to say how big your pay packet is, it's not that big, because you're bragging about it. Girls aren't looking for a fact or a number, they operate more intuitively".

It's true. Despite my fabrications, I have actually had more luck being straightforward and witty, rather than extravagant and cocky. Girls can sense honesty and the desire to make a real connection, as opposed to a man who covers up deep-seated insecurity with an expensive suit and wandering hands.

"If you think about it, because so many guys lie, it's better to say the opposite," Strauss suggests. "Never brag - as soon as you brag about something, it's lost its value."

So, sure, we men can be a manipulative bunch, but ladies - don't think you're completely innocent in all this. For starters the Virgin survey acknowledged that women can be mendacious, pointing out that 16% of females have played down the number of sexual partners they've had.

What's more, Susan Quilliam believes women can be complicit in their suitor's lies too. "They want a boyfriend they're proud of," she says. "A woman will often say 'oh, he's doing really well' when he's not, to present her man as someone who is achieving and has control over his life."

So what of this survey? After all, isn't the relationship between men and women all one big, complicated dance? To me, the process of meeting someone new has always felt like the trailer before the main feature: all the best laughs, action and romance cleverly cobbled together without all the boring bits.

The trailer never shows the daily grind, the mountains of washing up, the overdraft statements. Isn't this one big variation on a lie we are all partaking in?

I'm sure people in love would beg to differ with me. But then they're probably lying...

Ben Falk

Most men are compulsive liars if you believe the results of a new survey by Virgin, which found that 25% have lied about the size of their manhood. (Photo: Press Association)

Finding the feelgood factor

After finding that four out of five girls often feel unhappy about their appearance, Dove has teamed up with the Girl Guides to teach 10 to 14-year-olds how to feel good about themselves. We pick up some lessons on positive body image.

Many girls identified the way they look and body shape as the biggest cause for them feeling down. (PHOTO: Press Association)

Nearly everyone is unhappy about an aspect of their appearance at some stage - but none feel it more acutely than adolescent girls.

New research has found that 82% of girls aged between 10 and 14 sometimes dislike part of their appearance. And it's a tough problem for parents to crack, especially as 84% of girls say it's their friends and peers who have the greatest impact over how good they feel about themselves - not mums and dads.

In fact, friends often exacerbate the problem, with just over half of respondents in a survey by the Dove Self-Esteem Fund saying they would feel most hurt if their best friend or a girl in their class made a spiteful comment about how they looked.

Half the girls identified the way they look and body shape as the biggest cause for them feeling down, followed by school.

And 84% agreed that if there were more female celebrities who represented different body shapes, sizes, ages and skin colour, girls would put less pressure on themselves to look a certain way.

Andrew Hill, a professor of medical psychology who has studied body image and dieting in adolescents, says: "The visual media is obsessed with celebrities, and is sending out messages about their physical appearance which say you can always look better. It breeds insecurity."

He says that insecurity often manifests itself in an obsession with weight, which is a growing pressure in today's society.

"Research from the 1960s shows a large amount of concern about weight in teenage girls, but the pressures have got greater, particularly with the current publicity about obesity.

"What seems to have happened is that girls are feeling that pressure from a younger age - nine or even earlier."

But weight, of course, isn't the only problem young girls have with their appearance.

"Weight is normally fairly high on the list of their problems, but it can be anything - the size of their thighs or a 'fat' tummy, the size of their feet, or just having freckles," says Hill.

He agrees that friends are incredibly influential at this age, but stresses that parents can also make a difference.

"A lot of parents aren't very successful about concealing their own insecurities about their body image, but they need to.

"Really, there's very little magic to suggest to help girls improve their body image. They can be terribly secretive about what's happening to them - girls particularly tend to internalise their problems."

But he adds: "It's really important that parents set a family agenda for eating and appearance. Decisions you're taking about your own body won't go un-noticed by your kids, although it doesn't necessarily mean they'll follow them.

"Reassurance is important too, and remember that this is a phase - they do come out of it. It's part of growing up."

In a bid to tackle the problem, the Dove Self-Esteem Fund has joined forces with Girlguiding UK. They've put together a new education programme called 'Looking At Me' which aims to counter negative body-image and low self-esteem among 10-14-year-old Guides.

Working with the eating disorders charity 'beat', the sessions at Guiding groups across the country will cover topics ranging from media manipulation to eating disorders and cosmetic surgery. *Lisa Salmon*

Three ways to

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1. Try to avoid aisles that contain items you don't want them to eat, like soft drinks and sweets.

2. Shopping can be stressful, so it's important that you are calm as well as your child. Make sure you've eaten before you go.

3. If your little one has a tantrum, don't worry about what other people are thinking of you. Most people are aware of how tricky it can be to handle a toddler in a public place.

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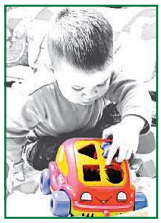

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Delightful decoration by Diana at DTC Interiors

An interior design shop with a difference recently opened in Lagos, filled with a superb selection of furniture and home decorations, and well worth a visit.

Shop owner Diana draws on her creative skills and years of experience to supply her clients who demand nothing less than excellence, using her unique design techniques and styles.

Conveniently situated next door to her other shop, KA Lagos, enables Diana to successfully fulfill every need in interior decorating, from beds and tables to lampshades and framed wall art.

Stylish furniture from DTC Interiors.

Importing only the best furniture from Italy, Spain, and England, she also stocks items manufactured in Portugal.

Feel free to visit her shop in Lagos, to order any items on display, or take the time to browse through her catalogues, to choose something special. Delivery takes between 5 to 10 weeks.

Carpets, rugs, curtains, cushions, bedding, lamps, wall decorations, candles, picture frames, ornaments, and much more, are all available at DTC Interiors, with the added luxury of having your furniture and curtains custom made to suit your individual needs.

Owner Diana with her assistant, Isabel, at DTC Interiors.

Diana now offers gift certificates and is willing to do wedding lists, if requested.

Opening hours are Monday to Friday 10am – 1pm and 2.30pm – 6.30pm, Saturday 10am – 1pm. Find her shop at Rua José Ventura Neto Cabrita, Lote 1, Loja B, 8600-001, Lagos. Tel.: (00351) 282 782 311, Fax: (00351) 282 782 392, email: dtcinteriores@mail.telepac.pt

When heat becomes art

Electrocomfort is renowned for being the first company to introduce the Algarve to Duo-Therm's heated solid stone slabs as an effective and healthier alternative to traditional heating. It is now taking its popular product to a higher level by customising the solid stone plaques with decorative engravings from regional artists.

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Established more than a decade ago by German resident Thomas Stodder, Electrocomfort specialises in innovative home-heating solutions based on energy-efficient and eco-friendly concepts.

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Engravings add that ultimate finishing touch, making your plaque as unique as your home.

Electrocomfort also specialises in a large range of other heating and cooling products, for example, electric underfloor heating and solar heating.

If you are still searching for the perfect air-conditioning unit, make sure you have look at Electrocomfort's LG 'ArtCool' equipment, air-conditioning units that are flat and slim-line, with artwork on the front (for example, decorated with the famous 'Kiss' painting by Gustav Klimt) so they become a focal masterpiece rather than an unsightly eyesore.

For more information, directions, or a free estimate, contact Electro Comfort on: (+351) 282 688 378, mobile: 914 242 678, or e-mail: th.stodder@oninet.pt.

Alternatively, see ElectroComfort's website: www.electrocomfort.com. The showroom in Barão São João is open from Monday - Friday, 15h00 - 19h00, and Saturdays, from 09h30 - 13h00.

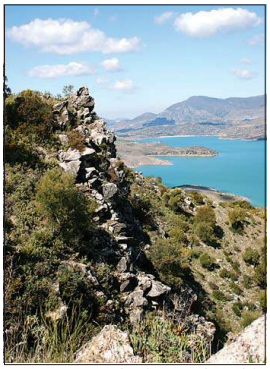
Holiday with nature and explore the Wildside

For those of you who are environmentally-conscious and enjoy being at one with nature, this could be the ultimate answer to your holiday dilemmas. Wildside Holidays is an innovative website which aims to introduce nature orientated individuals to specialized, eco-friendly holidays across Iberia.

If you want to promote your nature-orientated accommodation then Wildside is the place to be. An increasing number of individuals now opt for alternative-style tourism, preferring rural retreats to chaotic cities, and nature to noise.

On Wildside's website you will find over 70 different businesses and operators offering an amazing variety of nature-based breaks in both Spain and Portugal, from peaceful 'Yurts' in central Portugal, self-catering accommodation within natural parks of the Alentejo, to snow-shoeing in the Picos de Europa.

According to Wildside's founders, Clive Muir and Sue Eatock, "springtime in Iberia is amazing with people coming from all over the world to admire the wild flowers and migrating birds, including photographers, botanists and nature lovers." Clive and Sue devised Wildside Holidays to create somewhere on the Internet which promotes businesses specializing in nature orientated holidays in Iberia. In fact, many of the businesses on the website are involved in protection schemes and study programmes in their area, as well as supporting the local community. They explain, "Businesses such as the ones advertising with us just don't fit into the drop down boxes of the larger internet based holiday listing companies, they can be so overwhelming as they span the whole globe. The website layout is very simple and by use of the search facility a person browsing the site can easily find accommodation in remoter parts of Iberia and guides to teach them about it if they require.



Sue

"One thing that everyone advertising at Wildside Holidays has in common is a passion for the nature of Iberia and a willingness to share the stunning beauty and diversity of this wonderful part of the world. Most are incredibly knowledgeable about their area and those that are not have access to local people who are", say Clive and Sue.

The website was launched last November and introduction letters were sent out for the first eight weeks to various businesses across Spain. Within 10 weeks 42 businesses had signed up. There are now 63 businesses based in Spain and currently 10 in Portugal. Comments from advertisers and those searching for holidays have been very complimentary on the simplicity of the site.

Advertisers on the site make a once-yearly payment (€40 plus IVA) for their listing, which they create themselves through an online editor that is very simple to use. They have access to an administration panel and can update or change / edit details. Clive helps with the creation of the listings and with image preparation and uploading if needed but most people have the ability to do this themselves. For more information on Wildside Holidays, e-mail: listings@wildsideholidays. com, or see website: www.wildsideholidays .com. For more information on natural history in Iberia, the best places to see wildlife, expert advice, etc, see the website www. iberianatureforum. com.

Perfect your Portuguese at Lagos' Centro de Línguas

With the new school year just starting, everyone is looking forward to another really busy year, particularly the staff and teachers at the Lagos Centro de Línguas, a private language school specialising in Portuguese courses, which is now recognised by the Portuguese Ministry of Education.

Situated in the beautiful, historical centre of Lagos, the school is small and friendly, offering a non-intimidating personal touch that aims to make learning Portuguese fun.

Whatever your skills and linguistic capability, there are courses for all needs – from absolute beginners, of all ages, to specific courses for professional needs.

Lagos Language Centre's Portuguese courses for foreigners continue to be extremely popular.

Group courses are conversation-based and aim to have people speaking Portuguese as quickly as possible, which can be testified by a lot of happy past students.

The teachers are friendly and always explain things in English when necessary.

Most popular is the 30-lesson group course for beginners, for a minimum of four and a maximum of eight students.

The Next course starts Monday, 29th October and finishes Friday, 30th November. Six lessons are taught per week for a duration of five weeks.

A Standard timetable for this course is as follows: lessons are held on Mondays, Wednesdays and Fridays, from 11h10 – 13h00. Each lesson is 50 minutes, so the first lesson will run from 11h10 – 12h00h, followed by a 10-minute interval for coffee or tea in the school, then the second lesson, from 12h10 – 13h00.

The cost of the afore-mentioned course entails a €20 enrolment fee, €240 for the course, €21 for a course book and a workbook at €10.50.

Through the year, group lessons are also held for Intermediate level.

Alternatively, Individual lessons are available, which are ideal for people who prefer not to be in a group or for those who need specific material for their work.

Individual lessons cost €26 euros per lesson, plus enrolment fees and books as mentioned above.

Lagos Language School is currently offering a special promotion where for just €26, for an individual lesson, two people can study together, perfect for couples, friends or for people from the same company, office or business.

There is specific tuition to help English-speaking pupils integrate into Portuguese schools, as well as lessons in other languages, and evening courses.

For more information, contact the *Centro de Línguas de Lagos* on tel/fax: (+351) 282 761 070, e-mail: centro. de.linguas@mail .telepac.pt, or see website: www.centrode linguas.com.

PROPERTY OF THE WEEK

Real Estate Médio Tejo, exploring the heart of Portugal

Real Estate company Médio Tejo is dedicated to promoting the best of the 'heart' of Portugal, the central region, has to offer. Whether you are looking for a new home or a business opportunity, Médio Tejo have the expertise and insight to find you the best value for your investment.

Situated in Dornes, deep in the undiscovered and secret heart of Central Portugal, between the municipalities of Ferreira do Zêzere, Sertã and Alvaiázere, the company was established to satisfy the desires of those who are looking to buy a house in one of the most beautiful and most typical regions of Portugal.

Whether you are investing, seeking the perfect holiday location, or wanting to live in the centre of Portugal, you will be located in an area of outstanding beauty, affording peace, tranquillity and a unique lifestyle, steeped in tradition and culture, yet within easy reach of all major historic locations, sea, lakes and nightlife.

According to Médio Tejo, over the years there has been a steady search for property around the Castelo do Bode Lagoon and the Zêzere River, which are very well know for water sports. Most of the buyers are Portuguese, British, Dutch, Irish and Belgian. Dornes is situated less than 90 minutes from Lisbon airport and the road accesses are really good.

Médio Tejo estimates that, as an example, five years ago one could buy a ruin with a small plot of land near the Castelo do Bode Lagoon and the Zêzere River for less than €40,000. Now, the few ruins left are sold for three times as much.

On average, a ruin with half a hectare of land (without lake or river views) would now cost investors between €15,000 and €50,000. A ruin with lake or river views would cost around €80,000 to €100,000. 'Ready-to-move-in' houses (without lake or river views) are valued at an estimated €100,000 to €200,000, or, with lake or river views, prices start at €175,000.

The central region is rich by Portuguese standards. Portuguese buyers (city folk) also buy property in that area, so the expat market is a complement. Property buyers in Northern Central Portugal should be aware that most of the buyers are ex-pats, meaning longer re-selling times

New developments are planned for the region, including a golf course in Boquilobo (Torres Novas). The region's capital, Tomar, home to the Portuguese Knights Templar is also part of UNESCO's World Heritage list. Furthermore, according to Médio Tejo, crime is also virtually non-existent.

Return from letting markets have been increasing on a yearly basis, with the season extending from May to October.

Foreign specialists predict that property prices in Central Portugal will increase by 200% in the next 10 years, something Médio Tejo strongly believes will be achievable.

One of the questions most frequently asked is 'is it complicated to set up and run a B&B in Portugal?' Valdemar Garcias of Médio Tejo says, "Complicated is not the right word. Nearly everything in Portugal is time consuming, because rules exist and need to be followed, it's just a question of interpreting them". For more information, see website: www.mediotejo.pt, (search by county) or www.myhouseinportugal.com (real estate in English and Dutch).

Phone: (+351) 249 366 377, mobile: (+351) 965 628 718, fax: (+351) 249 366 578, or e-mail: valgarcias@gmail.com. Approved Estate Agents: AMI 7318 (www.inci.pt), APEMIP 3774 (www.apemip.pt) .

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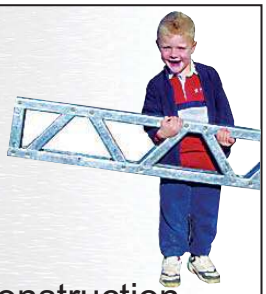

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€495,000 F845V

Parque da Floresta
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- Spectacular Views
- Private Gardens
- Part Furnished
- Golf Rights
- Private Infinity Pool

€975,000 P956V

Parque da Floresta
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- Golf Rights
- Communal Swimming Pool

€326,250 P965T

Parque da Floresta
- Fractional Freehold
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- Roof Terrace
- Fully Furnished
- Golf Rights
- Communal Swimming Pool

€149,000 Quarter Share V455T

Parque da Floresta
- Fractional Freehold
- 3 Bedroom, 3 Bathroom
- Fully Furnished
- Terrace & Garden
- Golf Rights
- Private Swimming Pool

€230,000 Quarter Share V452LV

Family business of 3 generations established in 1969 specialising in Lagos & the Western Algarve.

BENSAFRIM / Lagos - Country villa with pool on spacious plot. **Price: €690,000** (Ref 439V)

PORTO DE MÓS - Next phase - 2 bedroom luxury apartments with heated pool and landscaped gardens on the beach. **Prices from €450,000** (20% deposits now being taken - balance in 2 years) (C71)

BEST ESTATE AGENT PORTUGAL 2006

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John D Griffiths
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Tel.: (00351) 282 760 416
www.johndgriffiths.com
info@johndgriffiths.com

LAGOS - Luxury apartment with pool and excellent sea views. **Price: €319,000** (Ref 221A)

LAGOS / Praia da D. Ana - 2 bedroom apartment 5 minutes walk to the beach and 10 minutes walk to all amenities. **Price: €159,500** (Ref 209A)

BEST APARTMENT PORTUGAL 2007 BEST PROPERTY PORTUGAL 2007 BEST DEVELOPMENT 2006

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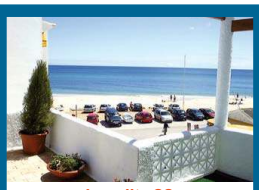
info@luzselect.com

AMI 7042

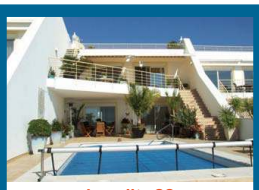
Locality ??
- 3 Bedroom, 3 Bathroom Villa
- Space For Swimming Pool
- Newly Constructed
- Choice Of Two Villas

Ref. M316
Price: € 299,000



Locality ??
- 4 Bedroom, 2 Bathroom
- Beach Front Location
- Recently Renovated
- Roof Garden

Ref. M289
Price: € 390,000

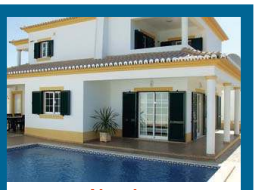


Locality ??
- 4 Bedroom, 3 Bathroom
- Very High Specification
- Excellent Views
- Luxury Italian Kitchen

Ref. M315
Price: € 745,000

Lagos
- 2 Bedroom, 2 Bathroom Apart.
- Quiet Residential Area
- Mature Gardens
- Communal Swimming Pool

Ref. A158
Price: € 150,000



Almadena
- 4 Bedroom, 3 Bathroom Villa
- Excellent Condition
- Swimming Pool
- Country Views

Ref. M313
Price: € 400,000

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www.vendavilla.com

Vilamoura
One bedroom apartment composed of bathroom, lounge with fireplace, equipped kitchen and terrace. Communal swimming pool and garden area. Furnished, exterior parking space. Construction area: 75 square metres.
Ref: A1075 Price: € 100,000

Vilamoura
Spacious apartment composed of 2 bedrooms, 2 bathrooms, lounge with dining area, kitchen, storage and terrace. Communal swimming pool and garden area. Furnished and equipped. Construction area: 124 square metres.
Ref: A1212 Price: € 220,000

Vilamoura
Semi-detached villa composed of 2 bedrooms, 1 bathroom, lounge with fireplace and dining area, kitchen, storage and terraces. Furnished and equipped. Communal swimming pool and garden area.
Ref: V12324 Price: € 245,000

Gambelas
Spacious villa composed of 4 bedrooms, 4 bathrooms, lounge with fireplace, dining room, equipped kitchen, basement, storages, laundry room and carport. Roof terrace, swimming pool & garden. Plot area: 760 sq.m. Construction area: 300 sq.m.
Ref: V12522 Price: € 400,000

Vilamoura
Spacious villa composed of 6 bedrooms, 6 bathrooms, lounge with fireplace, kitchen, laundry room, office, basement and garage. Terraces, heated swimming pool and garden. Furnished and equipped. Plot: 1584sq.m. Constr. area: 217 sq.m.
Ref: V12359 Price: € 750,000

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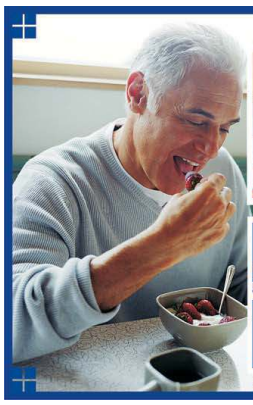

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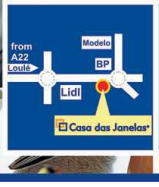

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São Brás de Alportel
- Ground floor property
- Business license
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- Commercial area 90m²
- Townhouse above for sale
- See also Ref. V990

Ref. I991
Price: € 115.000

São Brás de Alportel
- Restored townhouse
- On 1st & 2nd floors
- 3 bedrooms 2 bathrooms
- Area of 130m²
- Business area for sale
- See also Ref. I991

Ref. V990
Price: € 235.000

Central / East Algarve
- Over 100 ruins / terrains
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- To over € 2.000.000

See:

www.property-runner.com

São Brás de Alportel
- Spacious villa first floor
- Commercial ground floor
- 3 bedrooms, 1 bathroom
- Area 400m², plot 150m²
- Very good condition
- Car parking area

Ref. V988
Price: € 350.000

Quarteira - Vilamoura
- Attractive townhouse
- Small condominium of 10
- 3 bedrooms, 2 bathrooms
- Villa 185m², Cond. 3200m²
- Large heated pool
- 10 minutes to Vilamoura

Ref. V763
Price Reduced to: € 350.000

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Ref: LHR-747 Price: € 265.000

Tavira
T2 townhouse in mature urbanisation in Tavira w/ large terrace, communal pool, stunning views & good rental potential. Construction approx. 130m2, built in 2004.

Ref: LHT-824 Price: € 267.000

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Tavira
Spacious, new 5 bedroom family residence, w/ office, garage, terraces & garden, in a quiet Cul de Sac. Construction approx: 238 m2, (excl. basement), plot 674m2.

Ref: LHV-935 Price: € 600.000

Moncarapacho
Large 5-bedroom villa. Immaculate condition. Pool, garage & landscaped garden. Central location. Construction approx: 480 m2, plot 1337m2, built in 2006.

Ref: LHV-927 Price: € 850.000

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Fuzeta
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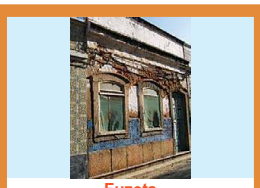
Prices : € 450.000,00
Ref.: AO-EMP-0001
Call: 962 335 514

Olhão
Fantastic 3 bedroom villa located in a quiet quality urbanization. Excellent first quality finishing!!

Price: € 400.000,00
Ref.: MG-VIV-0090
Call: 917 787 582

Fuzeta
1 bedroom first line apartment set by the water, close to all amenities. With private space on the roof terrace. Excellent price for this location!!
Price : 110.000,00
Ref.: CB-APT-0025
Call: 962 335 514



Fuzeta
Old house to refurbish or rebuild located in the centre of Fuzeta. Great Location!! Excellent Opportunity!!

Price: € 86.000,00
Ref.: MG-VIV-0089
Call: 917 787 582

Fuzeta
Off plan !! 1/2/3 bedroom apartment with sea view. Balcony !! Excellent price !! Great rental potential!! Quiet location...

Prices from : € 130.000,00
Ref.: CB-APT-0048
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East Algarve – Selected Properties in Tavira and Olhão

Stunning villa in one of the Algarve's most sought after locations

Three en suite bedrooms, plus stunning master bedroom with sea views, private terrace, Jacuzzi, high tech shower. New kitchen dining room, lounge with panoramic views, massive lower ground floor with wine cellar, bar, kitchen and private terrace. Suitable for TV/Cinema room, billiards etc. The party and entertaining floor without equal anywhere. Three floors, all served by lift, complete wheelchair accessibility throughout. The property has under-floor heating and air conditioning, comprising 500 square metres of living space, very private landscaped gardens of half an acre, swimming pool, totally fenced with electric gates and impressive entry drive. Situated just outside Almancil, near to the golf courses of Vale do Lobo, Quinta do Lago and Vilamoura. ---------- € 975,000 Euros

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Praia da Rocha
1 Bedroom apartment totally renewed. Furnished, with equipped kitchen. Communal swimming Pool. One step away from Rocha beach.
Good Price!! Good Investment!!!
Refª 229-1 Price: **€ 95.000**

Armação de Pêra
T1 – New – Quality private Condominium. Swimming pool + parking place. Equipped Kitchen. One step away from Armação Beach.
Very Good !!!
Refª 174-2 Price: **€ 100.350**

Aljezur
3 bedroom Villa set in a complex between Arrifana & Monte Clérigo beaches. Almost new, equipped & furnished, w/ pool, BBQ & garden. The 3 bedrooms are en suite Living room w/ fireplace. Pre-installation of central heating. A Very good investment!!!
Refª 047 Price: **€ 295.000**

Carvoeiro
Villa V2. Totally renewed. Furnished and equipped. Very pleasant, with solar panels. Placed at Carvoeiro centre, with a good sightseeing over the sea, from the terraces. Should be mentioned the algarvian garden. A special house!!!
Refª 115 Price: **€ 450.000**

Lagos
New, high quality Villa, w/ garden + garage. 3 of the 4 bedrooms are en suite. Sauna room. Equipped kitchen. Terrace w/ BBQ. A/c, Internet, digital parabolic, pre-installation of central vacuum & heating. Inner lift to top terrace w/ private Spa & panoramic view & to private heated sw. pool. **FABULOUS!!!**
Refª 176 Price: **€ 900.000**

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Salicos
Two bedroom apartment w/ established garden & very private BBQ area & communal swimming pool. Desirable location close to Centianes beach. Lounge w/ wood burner, modern kitchen, u/ floor heating in bedrooms, ample parking space.
Ref. A-237 Price: € 250,000

Mato Serrão
Detached villa on small property w/ private swimming pool close to Carvoeiro village & Gramacho Golf. 3 large bedrooms, 2 bathrooms, spacious lounge/dining, ergonomic kitchen, lockable garage, covered patio, terrace w/ sea view. Fully furnished.
Ref. V-343 Price: € 350,000

Belomonte
Spacious new villa in quiet location in prestigious area composed of 3 bedrooms, 3 bathrooms (2 en suite), guest wc, lounge w/ fireplace, dining room, equipped kitchen. Large terraces on the 1st floor. Swimming pool. Quality design construction.
Ref. V-312 Price: € 500,000

Salicos
Spacious 3 bedroom villa on cul-de-sac road in excellent location w/ view of Monchique mountains, close to Marinha beach. Open plan kitchen, lounge, dining room w/ wood burner, large terraces, easy to maintain garden. Space for swimming pool.
Ref. V-349 Price: € 495,000

Carvoeiro
4 bedroom house w/ heated swimming pool, spacious lounge w/ wood burner, large, equipped kitchen leading to BBQ area, 2 bathrooms, shower, central heating, small established garden, driveway with lockable garage.
Ref. V-350 Price: € 350,000

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Golf facing, exclusive residence with sweeping views over the Vila Sol Golf Course. 484 sq.m. Elegantly finished. A/c. Alarm. Underfloor heating. Lavishly landscaped. Heated pool. Ornamental pond. BBQ. 2.250 sq.m. plot. Four bedrooms. Golf title included.
Price: € 2.200.000

VILAMOURA – MILLENNIUM
Ref. MB71859
New four bedroom villa directly facing 10th Hole Millennium Golf Course. 330 sq.m. Quality finishes. Sun terrace. Fitted kitchen. A/c. Large basement w/ double garage, w/c, storage and two extra bedrooms.Excellent sea and golf views.
Price: € 690.000

VILAMOURA – PINHAL
Ref. V71842
Charming four bedroom villa. 450 sq.m. Cul-de-sac. Directly facing Golf Course.15 mins walk to the Marina & beach. Pool & BBQ area. 2 suites. Fitted kitchen. Enormous basement w/ garage & games room. Beautifull golf views. Subject to offer.
Price: € 750.000

VILA SOL
Ref. A71798
Two bed apartment in five star golf resort. 120 sq.m. Prime location. Complex with large green areas, three pools, 27 hole Golf Course, Spa facilities. Fitted kitchen A/c. Large South facing balcony with stunning panoramic views. Investment opportunity!!
Price: € 340.000

Don't let the kids cramp your style

Living with a large family needn't mean you can't have a stylish home. We ask an expert how to make muddy footprints and sticky fingers and all that clutter compatible with stunning rooms.

Once upon a time, you lived in a stylish palace where your interior taste ruled... Fast forward to today: your home's invaded by small creatures with a magnetic attraction to dirt, mess and luridly-coloured plastic toys and those beautiful rooms seem like a distant dream.

Yes, you have a family! But there can be a happy ending because the arrival of children needn't mean your home has to become a style-free zone.

Anita Kaushal, 41, and a mother of two young children, has come to the rescue. Anita gives her advice on some common problems in family homes...

Colour crazy problem:

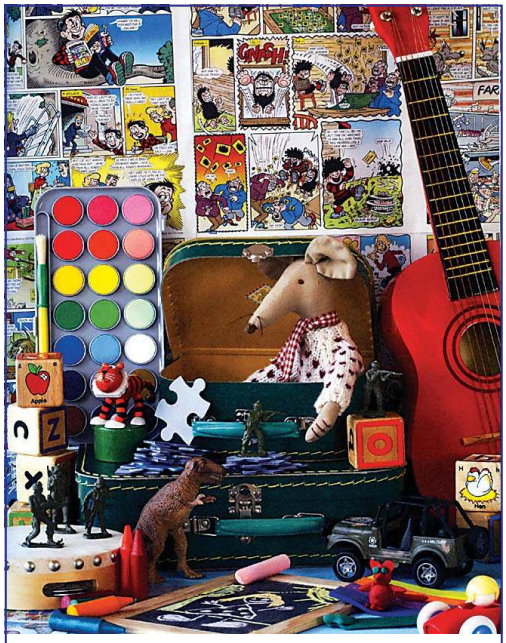
"I've read that colour is important to children but I'm so used to a calm, neutral scheme. Must I paint the house red?"

Anita says: "Colour can have a magical effect on a house or a room. As children we are instinctively drawn to bright hues of rainbows, kaleidoscopes, even sweet wrappers.

"But, as we grow older, too often our urge for something bold is dampened by what we think is acceptable. Rediscover your taste for colour, and then have the confidence to use it, whether in whole rooms or in vivid accents, plains or patterns."

Tip: A room needn't be filled with bright primary colours to be attractive to children, maybe keep a neutral colour scheme for walls, apart from one feature wall where you hang a decorative or patterned wallpaper. A rug that features a spectrum of colours, or art work and accessories can give you a colour fix.

Gabrielle Fagan



Puzzles, paints, soldiers and Dinosaurs illustrate popular toys that will never go out of fashion (PHOTO: Press Association)

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Price:€183,500.

Silves

Magnificent villa, new, isolated, in Cerro de S. Miguel with spectacular view over Silves and the mountain range. The fireplace gives also heat to the bedrooms. Equipped with central vacuum, it has also pre-installation for air conditioning. Sw.pool & garage.
ID:122371012-14 **Price: €380.000**

Calvário

3 bedroom semi-detached villa in final stages of construction. Situated on the highest spot of Calvário, w/ magnificent views of Monchique and Arade river. Calm area, away from the city bustle, although near Portimão & Lagoa. High quality finishings.
ID:122371012-13 **Price: €205.000**

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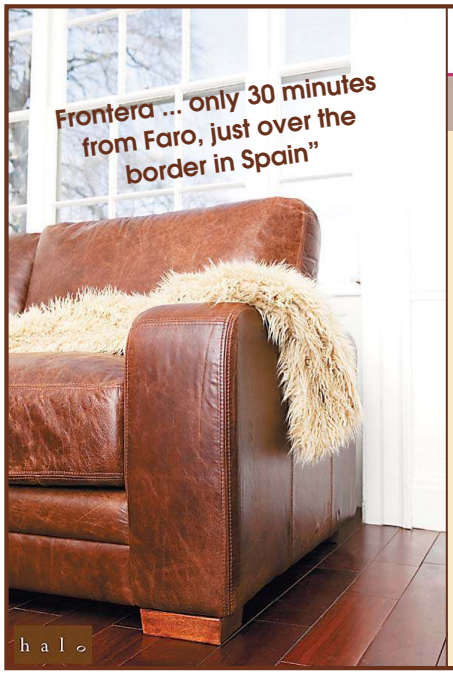

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Carvoeiro
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A468
Lagoa
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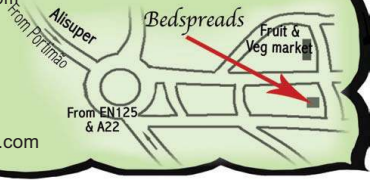

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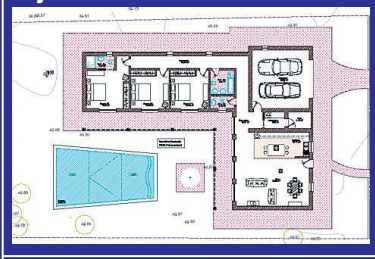
Aljezur / Vale da Telha – Western Algarve



Plot in excellent location. Just between Arrifana and Monte Clérigo beaches, the paradise of the western Algarve. 1,140 m² of flat sandy soil, full of pine trees. Viability to build a house up to 340 m². Possibility to buy with approved project of choice.
Price: €75,000 / £51,800

Vila do Bispo – Western Algarve

House in village centre with great potential. Small house in the best location of Vila do Bispo, on the main square of the village. Ideal for commercial purposes, restaurant or shop. Viability to go up on 1 or 2 floors. Site size 195 m².
Price: €110,000 / £75,800

Best of the bunch

Lilium Regale (Regal lily)

Less ostentatious than many of their boldly coloured counterparts, the regal lily, a Chinese species, is one of the easiest white lilies to grow in most gardens, smells fantastic and can fit into a wide variety of planting schemes. They grow between 90cm to 180cm, producing big trumpet-shaped flowers which are white with a yellow throat.

They flower in July and August and look beautiful emerging from a tall container or the back of a sunny border. Guaranteed to create a bold statement, they grow well in most soils except those which are very alkaline. Bulbs should be planted in autumn, preferably October, on a day when the soil is moist, 15cm down, and coarse sand or grit should be sprinkled in the bottom of the hole before planting.

Top tips for:

Fruit tree thinning

If your fruit trees fruit some years and then don't for many more, it is often because the tree exhausts itself by overcropping one year and then has to take one or more years off after that. It is known as biennial bearing.

The solution is to thin the fruits ruthlessly in the early part of the season, after the initial drop, a natural process when trees, of their own accord, will drop small, diseased and pest ridden fruits.

Remove at least half, taking the crowded, deformed and diseased and leaving only the best. This reduces the load on the tree by reducing the number of seeds. The remaining fruits should swell and give a good crop.

The tree should fruit each year provided the fruits are always thinned. Try leaving no more than one fruit to each hand-sized area of foliage.

What's in store

This remains a good time to plant new shrubs and trees as long as you remember to water them in dry periods throughout the winter months until they are well established.

Melia azedarach well known as the Bead Tree, is also referred to as the Pride of India or Persian Lilac. It is deciduous and one of the earliest of the flowering trees with its pale panicles of lilac flowers appearing before the leaves in early spring. Later in the season bunches of yellow fruit hang from branches that are covered with bright green leaves. It grows to a height and spread of over 10m and therefore is better in a larger garden. A native of northern India and China it needs to be grown in a well drained soil mixture in full sun and given protection in winter if the temperature is likely to drop below 5ºC.

Plumbago auriculata sometimes referred to as *P.capens*is is commonly known as Cape Leadwort, a delightful shrub that is often grown as a climber as long as it is given adequate support. Its either dark or pale blue flowers or occasionally white. It makes a colourful garden plant. As its previous Latin name suggests it is a native of South Africa with its growing needs similar to those of the previous tree. However, one word of warning, in our climate it is inclined to 'take over' your garden unless you take severe measures to stop it from spreading underground. Its branches can reach up to 6m long with a spread of up to 3m. It does need winter protection if temperatures are likely to drop below freezing.

Tecomaria capensis or as it is often listed *Tecoma capensis* is known as Cape Honeysuckle due to the beautiful racemes of gorgeous orange tubular flowers. Like the previous plant it is a scrambling shrub that does need support. It can reach a height of 7m with a spread of 1m, but like the plumbago it does have a habit of spreading underground and therefore needs to be kept in check. A native of South Africa it needs growing conditions similar to the previous plants but do give it protection if temperatures are expected to drop below 5ºC.

Madge and John Measures

From plot to plate

Beetroot

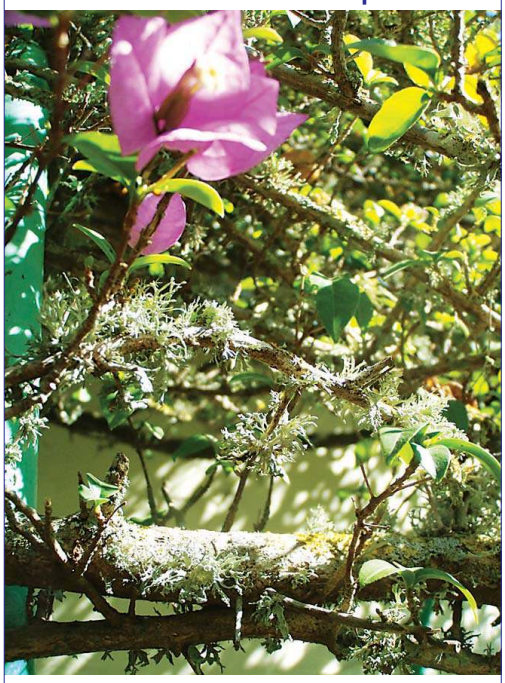
Gardeners should now be harvesting crops of Beetroot to added to tasty salads grated or sliced, cooked or raw, with a dash of orange juice to add flavour.

They are best grown in an open, sunny site in well-drained fertile soil that has been enhanced with compost or well-rotted organic matter.

Seeds can be sown outdoors from early spring to summer. Sow in short rows every two weeks to have a constant supply of tender roots. They should be sown in drills 2.5cm (1in) deep, in rows 30cm (12in) apart and thinned to 10cm (4in) when large enough. Water every 10 to 14 days, more frequently during dry spells as lack of water leads to woody roots, while irregular watering can cause the roots to split.

Dig the roots up when they are around the size of a tennis ball - any larger and they may taste woody. Baby beets can be harvested earlier, when they are a golf ball size. Good varieties include Boltardy, a smooth-skinned, bolt-resistant variety, and Detroit 2 - Little Ball, a baby beet which is excellent for pickling.

Can our readers help?



Lichen problem on all trees

SIR, The attached picture is of the lichen that is slowly killing al lthe trees round here.... fruit trees, bougainvillaea, azalias ... you name it, they've got it. Is there a spray specific to this kind of blight that some reader may know of?

Yours in hope,

Kit Rodericks, By e-mail

1977

Remember this year?

This was the year **The Algarve News** and **Two Weeks in the Algarve** were first published. They later merged and **The Portugal News** was born. Our celebration anniversary issue will be published in November and we are inviting our readers to submit any stories, memories and photographs relating to the past 30 years.

We can hardly wait to hear from you!

celebrating 30 years in print

Three ways to...

Make the most of grass

1. If you are seeding a lawn for play, make sure your seed mix includes rye grass, which is tough.
2. Be practical if you are short of time. Keep the shape simple, so the area can be easily mown without having to back in and out of awkward corners.
3. If using curves, draw them with a compass when preparing a design, one flowing into another. Curved lawns can lead the eye away from stiff, geometric boundaries to create a softer, more interesting look.

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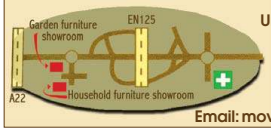

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Jamie's grow your own

Jamie Oliver's not just a genius chef but he's also got green fingers and loves growing his own produce. He reveals his new affair with the soil and a delicious autumn menu, from his new book, Jamie At Home (published by Michael Joseph, priced £25/ €36) to accompany his TV series.

Jamie Oliver is not only known as a celebrated chef but also as a rock-solid devoted family man, so to hear him even mention the word 'affair' is shocking.

There have been wild rumours - all emphatically denied in the past - but with his typical honesty Jamie frankly admits that recently his wife, Jools, has 'accused' him of having a lover.

"I thought it was a good opportunity to get you all up to speed, because it will come out in the press eventually anyway, so I'm going to tell you straight. Basically, my wife has accused me of having an affair. She'll tell anyone she meets that I've been nipping out of the house for an hour here, an hour there, and coming back looking refreshed, rosy-cheeked and guilty with grass stains on my knees!"

Surely not 'pukka' Jamie, saviour of healthy school dinners, and loving father to two daughters, Daisy Boo and Poppy Honey? His fans will be relieved to know that this is actually a bit-of-a-wind up or a storm in a stew pot, as his close encounter is entirely innocent.

Jamie, 32, who's launching his latest book, Jamie At Home, and appearing in the TV series of the same name, confesses with a twinkle in his eye: "All I've done is fallen in love with my garden, and with my veg patch in particular!

"Yes, I have kissed a few of my more beautiful, prized vegetables. I might have hugged a couple of trees and on hot days put my ear to the ground to listen to things growing - I'm just going through what many men go through at this point in their lives, when they become one with Mother Nature.

"And if you think I'm guilty, then lock me up and throw away the key! I can promise you, I've not been having an affair. I just like spending time with my veg."

In fact, the Essex boy's found peace, harmony and a renewed culinary enthusiasm through his love of the soil, and since moving back to his birthplace four years ago.

"Like most people these days, with a busy family life and a hectic working schedule, I began to struggle with finding a balance between the two.

"I seem to have evened things up a bit now, and it's all thanks to my veg garden, believe it or not. Growing my own veg for the past few years has filled me with such pride, pleasure and passion."

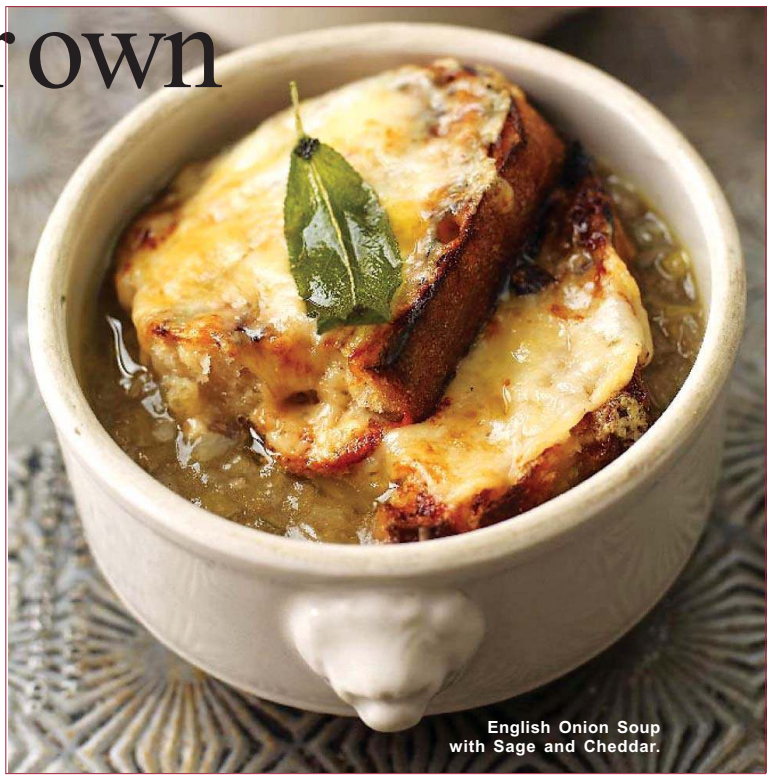
This new-found passion has taken him by surprise because, despite 16 years of training and working as a chef: "I never thought I would ever grow stuff properly. It never occurred to me that it might be as easy as taking some seeds out of a packet and popping them into the ground. But it is!"

He's created 100 new, quick recipes for the book, which are broken down by ingredient and season. Readers can start from scratch by growing the ingredients themselves, or simply shop and cook.

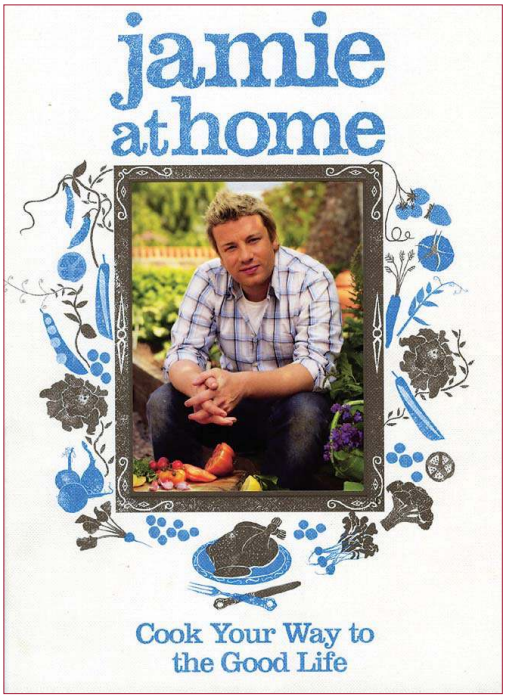
His mouth-watering selection for autumn includes Essex Fried Rabbit, Game Ragu with Pappardelle, or easy-peasy snacks like Welsh Rarebit With Attitude and as a dessert, Plum Bakewell Tart.

His menu for a 'delish' (his new catchword, which seems to have replaced pukka) October supper is English Onion Soup with Sage and Cheddar, and Spicy Pork and Chilli-Pepper Goulash.

Gabrielle Fagan



English Onion Soup with Sage and Cheddar.



English Onion Soup with Sage & Cheddar

Ingredients (Serves 8)

A good knob of butter

Olive oil

A good handful of fresh sage leaves, 8 leaves reserved for serving

6 cloves of garlic, peeled and crushed

5 red onions, peeled and sliced

3 large white onions, peeled and sliced

3 banana shallots, peeled and sliced

300g leeks, trimmed, washed and sliced

Sea salt and freshly ground black pepper

2 litres good-quality hot beef, chicken and vegetable stock

8 slices of good-quality stale bread, 2cm thick

200g freshly grated cheddar cheese

Worcestershire sauce

To prepare:

Put the butter, two glugs of olive oil, the sage, and garlic into a thick-bottomed, non-stick pan. Stir everything round and add the onions, shallots and leeks. Season with salt and pepper.

Place a lid on the pan, leaving it slightly ajar and cook slowly for 50 minutes, without colouring the vegetables too much. Remove the lid for the last 20 minutes - your onions will become soft and golden. Stir occasionally so that nothing catches on the bottom.

Having the patience to cook the onions slowly, slowly, gives you an incredible sweetness and an awesome flavour, so don't be tempted to speed this bit up.

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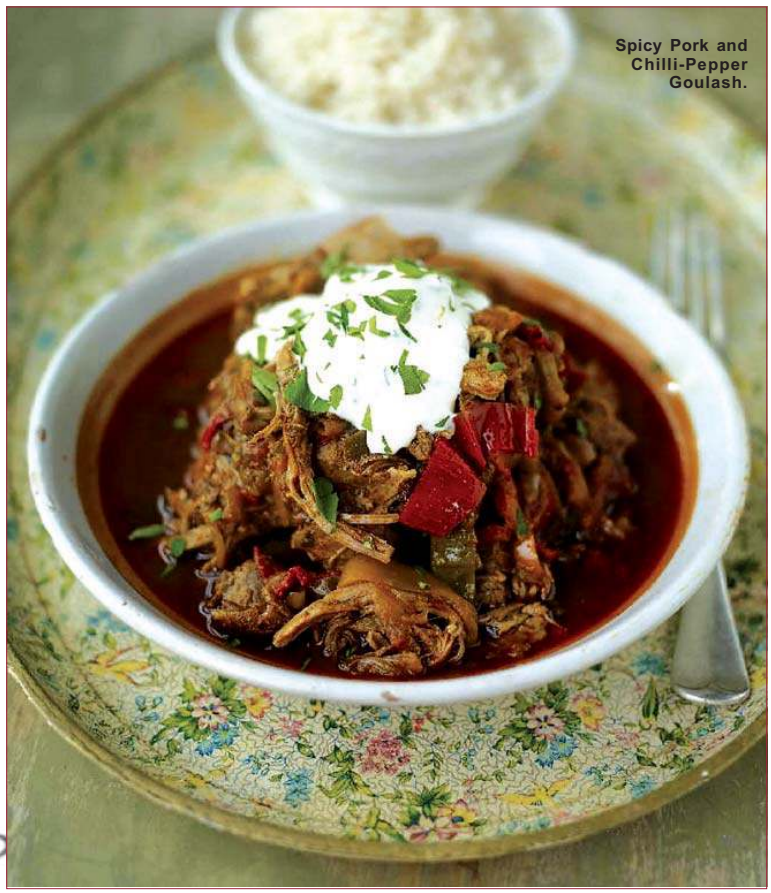
When your onions and leeks are lovely and silky, add the stock. Bring to the boil, turn the heat down and simmer for 10 to 15 minutes. You can skim any fat off the surface if you like, but I prefer to leave it because it adds good flavour.

Preheat the oven or grill to maximum. Toast your bread on both sides. Correct the seasoning of the soup. When it's perfect, ladle it into individual heatproof serving bowls and place them on a baking tray. Tear toasted bread over each bowl to fit it like a lid. Feel free to push and dunk the bread into the soup a bit. Sprinkle with some grated Cheddar and drizzle over a little Worcestershire sauce.

Dress your reserved sage leaves with some olive oil and place one on top of each slice of bread. Put the baking tray into the preheated oven or under the grill to melt the cheese until bubbling and golden. Keep an eye on it and make sure it doesn't burn! When the cheese is bubbling, very carefully lift out the tray and carry it to the table. Enjoy.



Spicy Pork and Chilli-Pepper Goulash.

Spicy Pork & Chilli-pepper Goulash

Ingredients (Serves 4-6)

2kg pork shoulder off the bone, in one piece, skin off, fat left on

Sea salt and freshly ground black pepper

Olive oil

2 red onions, peeled and finely sliced

2 fresh red chillies, deseeded and finely chopped

2 generously heaped tbsps mild smoked paprika, plus a little extra for serving

2tsps ground caraway seeds

A small bunch of fresh marjoram or oregano, leaves picked

5 peppers (use a mixture of colours)

1 x 280g jar of grilled peppers, drained, peeled and chopped

1 x 400g tin of good quality plum tomatoes

4 tbsp red wine vinegar

400g basmati or long grain rice, washed

1 x 142ml pot of soured cream

Zest of 1 lemon

A small bunch of fresh flat-leaf parsley, chopped

To prepare:

Preheat the oven to 180C/ 350F/Gas 4. Get yourself a deep, ovenproof stew pot with a lid and heat it on the hob.

Score the fat on the pork in a criss-cross pattern all the way through to the meat, then season generously with salt and pepper.

Pour a good glug of olive oil into the pot and add the pork, fat side down. Cook for about 15 minutes on a medium heat, to render out the fat, then remove the pork from the pot and put it to one side.

Add the onions, chilli, paprika, caraway seeds, marjoram or oregano and a good pinch of salt and pepper to the pot. Turn the heat down and gently cook the onions for 10 minutes, then add the sliced peppers, the grilled peppers and the tomatoes. Put the pork back into the pot, give everything a little shake, then pour in enough water to just cover the meat. Add the vinegar - this will give it a nice little twang. Bring to the boil, put the lid on top, then place in the preheated oven for three hours.

You'll know when the meat is cooked as it will be tender and sticky, and it will break up easily when pulled apart with two forks. If it's not quite there yet, put the pot back into the oven and just be patient for a little longer!

When the meat is nearly ready, cook the rice in salted, boiling water for 10 minutes until it's just undercooked, then drain in colander, reserving some of the cooking water and pouring it back into the pan. Place the colander over the pan on a low heat and put the lid on. Leave to steam dry and cook through for 10 minutes - this will make the rice lovely and fluffy.

Stir the soured cream, lemon zest and some of the parsley together in a little bowl. When the meat is done, take the pot out of the oven and taste the goulash. You're after a balance of sweetness from the peppers and spiciness from the caraway seeds.

Tear or break the meat up and serve the goulash in a big dish or bowl, with a bowl of your steaming rice and your flavoured soured cream. Sprinkle with the rest of the chopped parsley and tuck in!

Exquisitely-decorated with modern works of art, **Bistro des Z'Artes** restaurant in Almancil is co-owned by renowned chef Stanley Van Buren and Simon Visser Domus. Presentation is always of the highest level of professionalism, a must for Stanley, who believes that first impressions are most important as "food must look as good as it tastes". Together they produce unique dishes such as: Peanut Butter Soup with Baked Banana and Yellow Curry Soup with Lemon Grass and Coconut Milk. Whether you are a meat or a fish person the menu offers something to satisfy even the most discerning connoisseur.

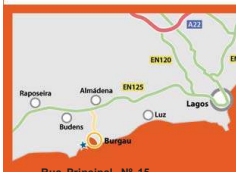
Mister Grilo Restaurant is a tricky place to find in Porches, but well worth the discovery. Not only well known to local residents, but also travellers from afar. The bar/waiting area is comfortable, often with an exhibition of local artists on display, and the Bistro dining room is painted with warm paint -washed walls with miniature palm trees and mosaic-tiled table-tops creating a lazy, sunny feeling as you sample the quite extensive menu. There are lovely sea and country views from the terrace, where you can try their delicious chicken 'cabidela' or octopus rice with coriander. A children's menu is available and there is live music on Thursdays.

Duna Beach Restaurant & Bar is located on the soft sands of Meia Praia, near Lagos. Totally renovated with a new image inspired by nature, using natural fabrics in soft colours combine to create a simple yet sophisticated setting. Open year round, you can chill out in the open, airy lounge atmo-sphere over-looking the fabulous pool. Choose from a range of healthy dishes prepared by their chef Jerónimo Abreu from fresh, carefully selected ingred-ients. These include Portuguese, international and vegetarian dishes. Opening at 9am with fingerfood and snacks the bar serves cocktails, long drinks, fruit juices and milkshakes, and doesn't close until 5am! There are sun loungers and stylish shades for rent on the beach, 3 tennis courts, changing and shower facilities, and water sports. Occasional special events.

The Portugal News eNewspaper:
www.the-news.net

Special dinners...
Unforgettable moments.
duna beach
Lagos - Meia Praia

t. 282 762 091
www.duna-beach.com
Open at 9am with finger food & snacks.
Lunch 12pm - 5pm
Dinner 8pm - 11 pm
Bar untill 5am

Cornish Pasties in Burgau!
THE CORNISH RANGE
O Sabor da Cornualha


The taste of Cornwall in the Algarve
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• Cornish Pasties
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• Delicious Sandwiches
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A perfect treat for children and adults alike. Eat in air conditioned comfort or take away. Snack packs and coffee to go. Parties catered for. We also offer a membership scheme for surfers and golfers.
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Mister GRILO
Restaurante
One of the most beautiful restaurants in the Algarve. Nelita, a fantastic chef, serves wonderful dishes: duck breast with peaches or plums, many fillets (with sauces) flambéed at your table, Tournedos wrapped in bacon, Vegetarian dishes, cataplanas etc. Very good service. Lovely sea & country view from terrace. *Clients always return!*
Bookings, Domi: 282 381 176 or 918 365 426
Rua António Joaquim Cabrita Nº 7
Porches 8400-471

Bistro des Z'ARTES
Truly amazing food

"...qualified as one of the best fish dishes I have ever eaten" - *Algarve Goodlife*
"His passion for food is as obvious as his culinary creativity and genius" - *Portugal News*
WWW.BISTRO-DES-ARTES.COM
Rua Calvario 69 - Almancil (see site for routemap)
tel 289-395 114 • mob: 967 785 601 • closed Monday

Paws4pets competition winner

The winner of our Competition over the Blip weekend was drawn by KissFM at 18.00pm on the Sunday.

The lucky lady, Carolien Van Leusden and her beautiful german shepherd, Amber live in Praia da Luz.

She will receive a doggy hamper and a years supply of Burns Natural Pet Food.

She is pictured picking up her hamper and her vouchers for her food.

Thank you to everyone who came to see us over the weekend and took part in our competition. It was wonderful to see you all, we hope we managed to help some of you with our information gained over the years. It is always fantastic to talk dogs and cats for a couple of days with like minded people.

Well done to Carolien and Amber on picking the winning number.

Protect your pet with knowledge

Copyright © Jan Cobley
Paws 4 Pets
916 273 376

Coping with doggy dribbles

A subject that affects so many of us dog owning Mums. I have been through it with two of mine, Lennie and Sandy and Julie's Maisie also has problems. There seems no pattern, no rhyme nor reason.

First I honestly though it was only a girlie thing but several folk on my various groups have male dogs suffering the same problem as they get older. Then late in his life it hit Lennie. The same treatment is given for both.

First the girls, Sandy is my first girlie dog so I knew nothing about the subject. Sandy was spayed after I had made the decision that she would not have puppies, I think she was just over 2 years old. About 18months down the line I started noticing dribbles, small ones around. They got larger so I took her to the Vets. They were quite blasé and said 'yes that is post spay incontinence, very common, easily solved'. Bear in mind this fur kid of mine is probably about 3 and a half at most 4 years old at the time, young for a 'lifetime condition'. I was sold a bottle of Propalin Syrup, at the time I remember it cost me £22 which I thought was horrific. Little did I know. I innocently thought it would clear it up and that was that! My wonderful Pet Insurance paid for the first year's bottles, they did not last long as I increased the level to keep the problem under some sort of vague control. Then the insurance decided they would pay no more, 'one year per illness Madam', no amount of my arguments that this was for life meant anything. At the suggestion of my Vet we did 'stockpile' the Propalin.

I have been told that post spay incontinence is caused by the way the operation is performed, not being medically trained I do not know.

We never conquered the problem, just lived with it, but as she got older it just got worse. Once I moved down here the cost of the Propalin was even dearer — which made little sense. My Vet here suggested I tried Sandy on Incurin Tablets. They seemed to work better for her and for a while the problem was improved significantly. But I was constantly worried about the chemicals I was using on her. I had 'moved on' in those years and now investigated and questioned everything.

Then we had one of the strange availability issues we get down here from time to time. Now we were in a mess, the Propalin was not working and the Incurin was in short supply. In fact the Incurin was no longer available in Portugal, still fine in the UK however! Poor Sandy had now got to the awful state that when she got up she left behind a sea of water, she was constantly wet, I had her back half in the shower several times a day and dreaded visitors. I am sure some of you have been there, out with the air spray, pot pourri and candles to hide the smell of dog in trouble.

In absolute desperation in May 2006 I emailed Dorwest for help, we stock all there natural products. They, as usual, were very helpful and suggested their Mixed Vegetable Tablets. I was to give Sandy 8 a day and see what happens. Without a lie within 5 days Sandy was dry, I have not managed to work out why. We are now 18 months down the line, for 99% of the time she is completely dry, no dripping at all. Then, for no reason I can track, for a day she will dribble a bit, I then give her an Incurin. But at the time of writing we have gone at least 4 months with no Incurin, which we now purchase from the UK. The real joy of the Mixed Veg tablets, is that they are not chemicals, just purely natural. I am still amazed and regularly thank Dorwest for the answer. We do sell Mixed Veg in the shop and have solved the problem for quite a few dogs now.

Back to Lennie and the boys, Lennie's was his prostate gland, in the first instance we tried Propalin and Incurin which did not make much difference. I then found another drug via the internet which did help him for a while. My friends boys in the UK have both been on Propalin and Incurin which has worked, all the boys problems were caused by their age, no answer was likely to be found, the same as with Lennie..

With boys and girls we have all resorted to the pads in the doggy pants to control the night time floods, we will all try everything to help our dogs. This is quite a challenge with the boys, but believe me there are products in the States for the boys and my friends have used them with great success. Just glorified large nappies really.

I have just been reading about a couple of surgery options, they seem to work but are not available everywhere. If anyone would like further details of this just email or ring me as it needs further and fuller investigation.

Happily though for Sandy the problem is solved by her Mixed Veg pills each day. She is a dry girl and needs less visits to the shower. For which she is very thankful!!

Protect your pet with knowledge

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Paws 4 Pets 916 273 376

Thinking of advertising in The Portugal News?

Call 707 500 677

and we will be happy to arrange for one of our Area Managers to call in and explain everything, including our current special promotions

Purr!...

Born on 9th July, Billy and Willy, beautiful and sweet, suffering from separation anxiety, wonder if there is someone out there who might want to adopt the two of us ? Please meow us at (351) 262 824 022 or bombaycat@sapo.pt

www.the-news.net

WIN A FUN HAMPER AND 1 YEARS FREE
BURNS CAT OR DOG FOOD for your pet
(equivalent to: for cats 3x7.5kg bags or for dogs 5x15kg bags—a years supply for an average sized cat or dog)
To enter collect a draw ticket from the
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BURNS
An Holistic Diet for your pets to ensure excellent health, and for the management of:-
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NOT TESTED ON ANIMALS
NATURAL WHOLESOME COMPLETE
Paws 4 Pets
Pet supplies store in Silves
Tel: 282 443 170
Jan: 916 273 376
www.paws4pets.net

Missing/Desapareceu - 9/10/07 - Lagoa

Small Maltese/Yorkshire mix spayed bitch, has microchip
Fur is black with grey streaks
She has fringe over eyes, which are brown/black and she has a short tail.
Has missing Jew claw from back leg.
Very Friendly.
Pequena cadela de raça mista (maltese/yorkshire), tem microchip, esterilizada. Tem pêlo preto com madeixas cinzas
Tem franja a tapar os olhos, que são castanhas/pretas e tem cauda curta.
Falta-lhe uma pesunha na pata de trás
É Muito Amigável.
Please contact us, **we miss her very much** /
Por favor contacte-nos, **sentimos muita a falta dela**:
918721688 / 282352649 / 914122898

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DIRECT ONLINE
at
www.the-news.net/ads
You will be able to choose from simple lineage ads, boxed ads, photo ads, and preview your classified before placing it.

North

PORTO

Daily

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 • Tickets can be bought until 10 minutes before the visit • Price: €2; Free for children under 12 • 220120214 • Av. da Boavista, 604-610 • www.casadamusica.com

Daily

Serralves Foundation: Visits to the exhibitions • Sat: 17h-20h; Sun: 12h-13h • to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h • to the park Sun: 11h-12h • Visits are free on the purchase of an entrance ticket to the museum • Rua D. João de Castro, 210 • Tel: 226 156 584 • www.serralves.pt

Until 28 October

Exhibition by François Dufrêne at Museu de Serralves • François Dufrêne (1930-1982) is one of the most prominent artists of the French postwar scene. This exhibition, for the 1st time presented outside France, is a retrospective of his work (a mixture of large posters, sound and film) • Serralves Museum • Rua D. João de Castro, 210 • Tel: 226156500 / 543 / 584 • serralves@serralves.pt • www.serralves.pt

26,27,28 October

Musical 'Cabeças no Ar' • 21h30 • Prices from €5 to €20 • Coliseu do Porto • Rua Passos Manuel, 137 • Tel: 223 394 940 • Fax 223 394 949 • coliseu@coliseudoporto.pt

GUIMARÃES

3 November

Concert 'Seu Jorge America Brazil' • 22h00 at the Grand Auditorium of Centro Cultural Vila Flor • Prices from €10 to €15 • Av. D. Afonso Henriques, 701 • 253424700 • www.aoficina.pt

Centre

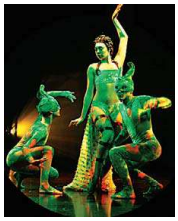
CASCAIS

Until 29 October

Painting Exhibition by Merle Cynthia Strachan at Estalagem Albatroz • African Caribbean & Portuguese oil and Acrylic paintings • Situated on Rua Fernandes Tomás, nº 1, the Estalagem Villa Albatroz was originally owned by the Dukes of Palmela, officially recognised as a building of architectural and historic-cultural interest • Open from 10h00 to 20h00 • 214647430

ESTORIL

Until 31 October



Show 'Four: Espírito Dos Elementos' at Salão Preto e Prata of Casino Estoril • Info.estoril@estoril-sol.com 214667700 • 214825400

Until 5 November

Painting, drawing & sculpture exhibition 'Poética das Formas' by Albino Moura • Art Gallery of Casino Estoril • Info.estoril@estoril-sol.com 214667700 • 214825400

LISBOA

20 October

Piano Solo Concert by Chick Corea • 21h00 • Main Auditorium of Belém Cultural Centre • Tickets from €15 to €50 • Praça do Império • Tel: 213612400 • www.ccb.pt

Until 21 October

Shakespear's Play Hamlet produced by João Mota • With Portuguese acclaimed actor Diogo Infante • Teatro Municipal Maria Matos on Av. Frei Miguel Contreiras, 52 • Wed-Sat: 21h30 / Sun: 17h00 • Price: €15 (On Thu €7.5) • Tel. 218 438 800 / Box Office. 218 438 806/9 • Fax. 218 470 972 email: teatromariamatos@egeac.pt

Until 30 October

Tapestry Exhibition 'Pulsação da Cor' by Eduardo Nery • Galeria Tapeçarias de Portalegre (Portalegre Tapestries Gallery) • Rua da Academia das Ciências, 2J • 213421481 • galeria@mtportalegre.pt • www.mtportalegre.pt

Until 31 October

Mikhail Stepanov - 'Robot Aerial Straps' • Arena Lounge of Casino Lisboa • Free entrance • Casino Lisboa on Alameda dos Oceanos, Lote 1.03.01, Park of Nations • Tel: 218929000 • info.casinolisboa@estoril-sol.com • www.casinolisboa.pt

Daily

Oceanário of Lisbon • Spectacularly designed by architect Peter Chermayeff, it is one of Europe's biggest oceanariums • The Oceanário de Lisboa is situated in the Park of Nations • Open from 10h00 to 18h00 • 218917002/06

SINTRA

Daily

Pena Palace • The Palace dates back to 1839 • Visits info: Sintra City Hall on Largo Dr. Vergílio Horta • 219238500 • geral@cm-sintra.pt

Daily

Leal da Câmara Museum • Calçada da Rinchoa, 67, Rinchoa • Also has access through Alguei-rão Velho, Fitares and Meleças • Tel: 219164303 • Fax: 219236150

South

ALBUFEIRA

Daily

Municipal Archaelological Museum • The museum is situated on Praça da República, nº 1 • Open in the Summer from 14h00 to 20h00 (closed Mondays); the remainder of the year open from 1030 to 16h30 (closed Mondays) • 289512258 • www.cm-albufeira.pt

ALMANCIL

28 October

6th Annual Health Run at Ria Formosa Bridge, Quinta do Lago • Meeting at Ria Formosa Bridge Car Park in Quinta do Lago • Start: 10h30 • A fun 5 or 10km run or walk for all the family to raise funds for the underprivileged children of the Algarve • Entry: Adults: €12 / Children until 16 years old: €5 / 2 adults plus children: €25 • includes a free T-shirt • Contacts: Wanda Crawford - 919617995 / Jackie Quirk - 963494788

ARMAÇÃO DE PERA

Monthly

Monthly Writing Circle by Jenny Grainer • Hotel Garbe • The Monthly Writing Circle is on the first ***Thursday*** of the month from 10h30 to 12h30 • All welcome! • For more information ring Jenny on 963518184

FARO

23 October

Contemporary Theatre-Dance 'Insula / A Ilha' • In the scope of Commemorations on the 10th Anniversary of the Romania Consulate in Algarve, the show has the sponsorship of the Embassy of Romania in Portugal and of the Romanian Cultural Institute • Produced by Florin Vidamski and choreographed by Fatma Mohamed • Teatro das Figuras at 21h30 • Info: 289888100

Walks - Every Friday - East Algarve Walks. Info:913595868 moonlightservices@yahoo.co.uk

SANTANA DA SERRA

Daily

Horse Riding and Walking at Equi-Serra • For more details or to book: 1 hour, 1, 2, 3 days, or 1 week rides, 938147718 • ww.equiserra.com

SÃO B. MESSINES

Tue, Wed, Sat

"Desperate Horsewives!" social horseriding & lunch for mums and golf widows Tuesday am. • **Pony Club** Sat am & Weds pm • Quinta da Bica, Messines • Livery, hacks, lessons, horse-share and children´s pony parties • Call 282332746 or 914795301 • quintadabica@hotmail.com

SERPA

Daily

Museu Arqueológico (Archaeologic Museum) • Alcáçova do Castelo • 9h30-13h00 / 15h30-19h00 • 284540100 • www.cm-serpa.pt

TAVIRA

Daily

Cachopo Museum • Centro Paroquial de Cachopo • Tel: 289844191 • www.cm-tavira.pt

FINE ART

Clare Natalie Ormsby

In 2006 Clare won the coveted J J Fox International Art prize judged by esteemed critic and artist Alistair Crawford Hon RE RCA who had these words to say about her painting, 'FLAME': "The winning entry glowed like a Gustav Klimt ….It is a seductive piece, full of colour, mystery; it is exotic, like a strong perfume; rich, even erotic, and marvellously well crafted"

In the past she has described her work as a fusion of Abstract Expressionism and Modern Primitivism but as her work continues to evolve she has labelled her style 'Progressive Fabricism' as the finished piece depends on the manner in which form and colour resonate, as if part of a complex woven cloth. "I constantly make, then break, rules about repeat patterns and colour schemes. I will create order out of chaos and then cause chaos from structure. I suppose my paintings don't so much evolve as mutate", she says.

Aside from Klimt her work has also been compared to that of the 19th C French illustrator Edmund Dulac, and Turner Prize winner Chris Ofili. She has pieces of work in private collections in Jersey, Portugal, France, Northern Ireland, England and the USA.

Clare has a diploma in art foundation from the Bath College of Further Education where she majored in illustration.

Her influences include Aboriginal and Naïve art, Art Nouveau, Japanese woodcuts and Far Eastern textiles.

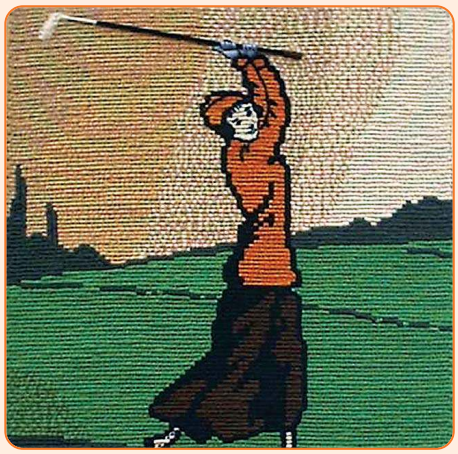
In September 2007 Clare's painting 'OPHIDIA' was auctioned by the Animal Health Trust for £3,000. It was at a gala dinner where Princess Anne was guest as she is the President of the Trust, the Queen herself is the Trust's Patron.

Opening on Friday, October 19th, on show until November 30th at Algarvida Art Gallery, located on Praia do Carvoeiro, Rua do Barraco. Call 282 356 577 or e-mail info@algarvida.com.

Tapestry by Gudrun Robinson

An exquisite exhibition on tapestry on show at the Clubhouse at Pinheiros Altos in Altos Golf Club in Quinta do Lago until October 25th.

Call 965 687 300, e-mail sales@gudrun-robinson.com or visit www.gudrun-robinson.com for more information.



SPORT

Portugal Masters

The Portugal Masters, regarded as one of the main tournaments in golfing, will be held in the Algarve for the first time in 2007.

There is prize money of 3 million euros on offer. The competition will take place on the course designed by the legendary Arnold Palmer, which alternates well positioned bunkers with lakes and waterfalls, in what is a non-stop challenge for players. The presence of the Portugal Masters on the PGA's European circuit is assured until 2009.

Event started on Thursday, October 18th and will carry on until October 21st at Victoria Golf Club in Vilamoura. Visit www.allgarve.pt for more information.

WALKS

Let's Walk in the Forest of the Baraos

A new two hour circular walk that takes you through woodland on to the Serra de Cao for wonderful views in all directions. Fairly easy, there is a gentle climb to start with and then it is all downhill!

Terrain: good track, sometimes a bit stony and surfaced roads

Equipment: a bottle of water and a sense of humour. Cost: €5 p.p. no need to book please just come along (all our walks include a donation to charity).

10.30am start - meet outside the church of Barão S João. From the A22 head westwards until it ends and at the roundabout take the first exit to Bensafrim. Drive through the village and just after leaving there is a road to the right signed for Lagos Zoo. Follow this for 5km and it will bring you to the village, as you approach there is a parking area to the left behind the church.

Walk leader: Julie Statham 282 697 298 or 965 753 033. Peter Lammin 934 992 908

Saturday October 20th and Monday October 22nd.

St Patrick Society Walk

The St Patrick's Society next walk takes place in the Loulé area. This is a gentle 2.30 hour rustic walk mainly on tracks with splendid sea and land views.

Meeting point is at El Cristo Restaurant Loulé 10am. Directions: the restaurant is on the EN 270 3klm outside Loulé on the way to São Brás.

Pets are not allowed.

Saturday October 27th at 10am. For more information, contact Mick / Silvia on 289 413 854 or John O'Neill 969 459 029.

Advertise your company on the radio!

Algarve

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Rádio Guadalupe 88.5 Serpa

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Rádio Ourique 94.2 Ourique

Rádio Mértola 95.2 Mértola

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Grupo Rádio Algarve Stars, Lda.

Rua Frei Joaquim de Loulé, 25

8100-579 Loulé

Tel.: 289 414 000 ● Fax: 289 412 400

CHAMPAGNE GALA DINNER

Romantik Hotel Vivenda Miranda

The Romantic Destination Par Excellence

Former private home of a 17th century noble family, this *boutique* hotel remains a secluded, intimate little paradise. A jewel in pastel peach colours nestled on a bluff above the deep blue Atlantic Ocean.

Beautifully designed subtropical gardens reveal a trail down to Porto de Mós beach. An immediate feeling of well-being invades our hearts.

Unparalleled for its gorgeous *vistas* of sea & sky, this small resort breathes true charm and state-of-the-art design and décor. The 26 rooms are cosily equipped and enjoy beautiful sea views.

Hotelier Urs Wild's imaginative, tasteful vision inspires a friendly hotel team whose philosophy is the visitor's well-being. The warm atmosphere and personal service is captivating.

Restaurant Mirandus is a rare pearl on the Atlantic with its spacious terrace enjoying uninterrupted sea views. It is a superb place to celebrate special occasions, events and fine dining, Mediterranean and organic *Gourmet Cuisine* is created by Swiss Chef Damian Beck, using only local, fresh, organic ingredients. Visitors are welcome for lunch, dinner and traditional British afternoon tea, by reservation.

Body & soul are pampered with love and expertise in the luxury **Wellness Spa Suite**. The client is invited to sink into indulgence with Gourmet Skin Care treatments by the Italian **"ISHI"** method, featuring wine, chocolate & truffle therapies, essential oils and aromas.

A variety of interesting, innovative arrangements are on offer to honeymooners, romantics, fitness conscious and golfers. Resident PGA golf and Water fitness professionals can help you develop and expand your skills and fitness level.

The hotel hosts exciting events such as a **Pommery Champagne Gala Dinner** (27th October 2007.), the world **Culinary Round Table Event** (November.), and a **New Year's Eve Golf Tournament.** Sunset cruises, sightseeing flights or catamaran sailing are also offered.

Without a doubt The Romantik Hotel Vivenda Miranda is romance and pure delight in every sense.

Romantik Hotel Vivenda Miranda

Porto de Mós, Lagos – 8600 282 Lagos

T. + 351 282 763 222 – F. 351 282 760 342

info@vivendamiranda.com

www.vivendamiranda.com

Events on these pages are published in good faith and in accordance with information given to us. We regret that we cannot accept responsibility for events which are cancelled, delayed or fail to live up to their billing. Send your events to copy@the-news.net

CHARITY

Bruno Mariano Special Benefit night

On Friday, October 19th there will be a Cancer Awarness Benefit night, featuring artist Bruno Mariano at Atlantic Piano Bar in Vilamoura. On the night, three fully signed official shirts, signed by Cristiano Ronaldo, Arsenal Team and England's National Team will be auctioned off.

Also, there will be a raffle featuring one night for two in a 5 star hotel in the Algarve, dinners for two at One Michelin Star Resturant Willie's, at Don Alphonso's at 'A Broa Restaurant'. Bracelets and pink ribbons will also be on sale. Part of the Atlantic Piano Bar's benefits will go to the Princess Alexandra Hospital fund. For raffle tickets sale points, call 916 835 989.

Fund raising City of Coventry brass band comes to the Algarve

What better way to while away the afternoon than to spend it listening to the glorious sound of a 30 piece Brass Band in the exotic setting of the gardens of the Fortaleza da Luz?

On Saturday afternoon, on the 20th October, perched atop the cliffs and beaches of Praia da Luz the Coventry Brass Band will be playing on the lawn of the Fortaleza in Praia da Luz, 7 km from Lagos between 2.30 and 5pm (weather permitting).

The event is being organised in order to raise money for the local school for the physically handicapped children - NECI (Nucleo de Educacao da Crianca Inadapta) .

Money is badly needed to renovate and equip the school where almost 100 children of all nationalities are taught to cope with their disabilities including cerebral palsy, Down's syndrome, spinabifida and muscular dystrophy.

Saturday 20th of October. Advance tickets: €15 and €20.

Tavira Fundraisers Autumn Fair

The Tavira Fund Raisers invite you to their Autumn Fair which will take place on Saturday 27th October – 10am to 1pm at The Old Market Place, Tavira. Stalls include homemade cakes, chutneys and jam, curries, books, bric-a-brac, greetings cards, clothing including baby clothes and much more. Proceeds will go to the Canil de São Francisco at Loulé where abandoned and neglected dogs and cats are taken in and cared for. To donate items or help, call Pat on 281 323 493 or Jose on 281 958 081.

Their last event, a BBQ, raised nearly €1,000 for the canil. The fundraisers wish to thank all for the support received and a special thanks to their generous hosts, Peter and Shirley at Vista Poaglis.

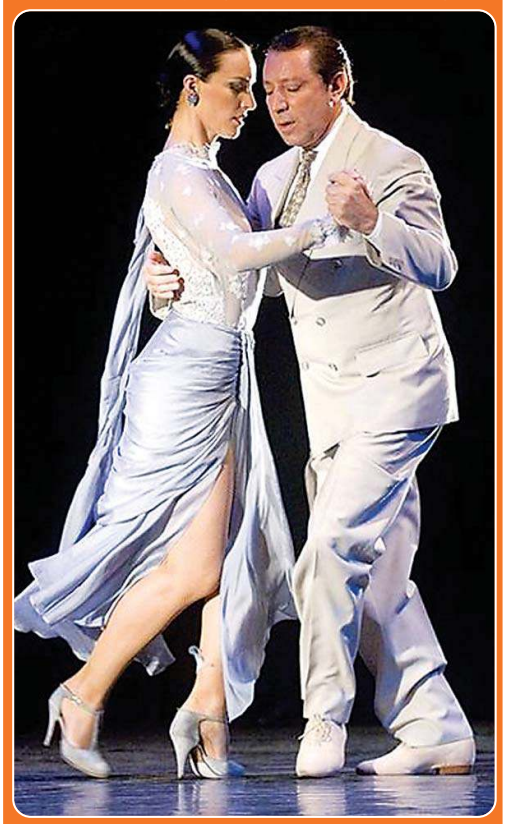
DANCE

Argentinean Tango

Dance spectacular performed by four Tango dancers – Juan Capriotti - Graciana Romeo e Julio Luque - Veronique Guide.

Tango is a social dance originating in Buenos Aires, Argentina. The musical styles that evolved together with the dance are also known as "tango".

Early tango was known as *tango criollo*, or simply *tango*. Today, there are many tango dance styles, including Argentine Tango, Uruguayan Tango, Ballroom tango (American and International styles), Finnish tango, Chinese tango, and vintage tangos. The Argentine tango is often regarded as the "authentic" tango since it is closest to that originally danced in Argentina and Uruguay, though other types of tango have developed into mature dances in their own right.



October 20th at Aula Magna in Lisbon. Tickets: €20 - €35. November 10th at Teatro das Figuras in Faro. Tickets: €25. Event starts at 9.30pm.

Flamenco music at the museum

Xavier Llonch, guitar player and singer has always enjoyed a love of flamenco and he dedicates his life to spreading the 'art of flamenco' through shows, workshops and classes. Xavier will be performing with the percussionist, Alexandre Lau, at São Brás Museum on Friday 26 October. Xavier Llonch was born in France, son to a spanish father and a french mother. He used to follow his father to shows held at Spanish emigrant gatherings in France. Since the age of 17, Xavier has been learning flamenco, both as a singer and as a guitar player. Xavier often goes to Spain to enhance his experience by learning from some of the traditional figures of Spanish flamenco.

Throughout all these years he has always kept close contact with Seville musicians to develop his knowledge of flamenco culture. Xavier has performed widely throughout Portugal and has played at the Museum on a number of occasions. ´We are delighted to welcome him back´ said Emanuel Sancho, Director of the Museum. ´Xavier has always attracted a large number of aficionados of flamenco music. His playing of the music reflects his dedication and love of the Sevilhana culture. Alexandre Lau has played over 200 concerts as a guitarist. For the last 8 years he has studied percussion and has played with a number of jazz bands. Whilst working in Barcelona he came into contact with flamenco music and he formed a group which performed in Barcelona and in Germany. Alexandre returned to Portugal in 2004 and has performed with Flamenco Lunares and with the ´Andarilho´project led by Rui Pedro.

Friday, October 26th, São Brás Museum. Tickets: €12 / €10 Friends of the Museum. admin@amigos-museu-sbras.org, 966 329 073 / lua azul 289 845 452 / museum 289 840 100, visit www.amigos-museu-sbras.org.

Matumana

It is not easy to classify this show: music, dance, theatre, percussion, wit… and much more! Creativity and energy are two main words to describe the show. People that have been to the show in the past have described it as "an outburst of vitality, energy, sweeps you off your feet".

October 25th to 29th from 9pm at Belém Cultural Centre in Lisbon. Tickets: €22,50 - €40.

CLASSES

Computer training

Microsoft Master Instructor Kehren Dalton is prepared for the first computer training course at the Hotel Garbe next week. The course which is for beginners will answer all those questions that seem so complicated, but really are not. Become proficient with e-mails, managing your files & folders, surfing the net and word processing.

Course dates: 24th October; 21st November; 20th February, 2008 and 26th March, 2008. Tickets: one day with lunch included €90 per person. For more information to to book your place please telephone: 282 320260 or send e-mail to info@hotelgarbe.com.

MUSIC

Serenades for a String Orchestra

On Saturday October 20th, the Algarve Orchestra will perform a selection of exceptional serenades, by the composers Mozart, Elgar and Suk, at the Vale do Lobo Auditorium.

The opening piece of the concert is Mozart's Night Serenade K 239, set apart from the composer's other serenades by its scoring for strings alone with timpani, its division into just three movements, and its subtly detailed and symphonic opening march. A Serenade for Strings in E minor, Op.20, by Edward Elgar will follow. The piece is among the most frequently performed of the best-known British composer's music, with opening bars that will be familiar to most and a splendid central larghetto. The final piece of the concert, a Serenade for Strings in E flat major, Op.6, was written on the recommendation of Dvorak, who felt that the 18-year-old Joseph Suk - his son-in-law - should broaden the emotional content of his compositions, which to that point were very dark and tragic, and write something more cheerful. It shows elements of Dvorak's influence, while being very original music.

The concert will be directed by Principal Conductor of the Algarve Orchestra, and a conductor of international renown, Osvaldo Ferreira.

October 20th, from 9pm and will last approximately one hour, with the foyer bar open for pre-concert drinks at 20:30h. Tickets are available for purchase at €28 (half-price for under 16s) from the Vale do Lobo resort reception: tel.: 289 353 322, fax: 289 353 001, e-mail: events@vdl.pt.

JUST FOR FUN

Dinner Dance

A dinner/dance is to be held on the 27th October, at the Recantos dos Mouros restaurant, in Silves. The proceeds of this event will be donated entirely to the local Charity, Castelo de Sonhos. A three course meal, roast veal or bacalhau, drinks and coffee. Music by Graham Cooper.

To book, with preferred menu, please contact Celia or David on 282 332 665 or e-mail dacemoss@sapo.pt. Tickets: €20.

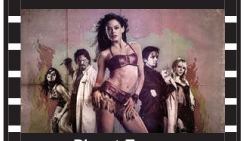
Rush Hour 3

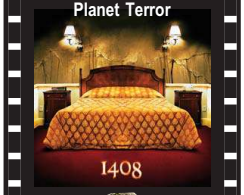
The Kingdom

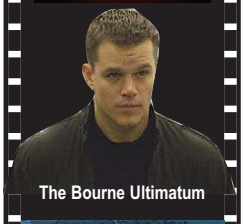
The Invisible

The Inner Life of Martin Frost

Becoming Jane


Planet Terror




The Bourne Ultimatum

Shark Bait

Ratatouille

ALGARVE

SBC FORUM ALGARVE
TEL: 289 887 212
18 OCT-24 OCT

1
Ratatouille
Animation OV
(11.15 Sat & Sun)
The Brave One
Jodie Foster, Terrence Howard
13.45-16.25-19.05-21.45 (00.25 Fri & Sat)
2
Shark Bait
Animation PV
(10.45-12.45 Sat & Sun)
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
14.45-17.05
1408
John Cusack, Samuel L. Jackson
19.35
The Bourne Ultimatum
Matt Damon, Julia Stiles
22.00 (00.30 Fri & Sat)
3
Stardust
Charlie Cox, Peter O'Toole
(12.40 Sat & Sun) 15.30-18.20-21.10
1408
John Cusack, Samuel L. Jackson
(23.55 Fri & Sat)
4
Rush Hour 3
Jackie Chan, Chris Tucker
(12.50 Sat & Sun) 15.00-17.10-19.20-21.30 (00.05 Fri & Sat)
5
Knocked Up
Seth Rogen, Katherine Heigl
12.35-15.25-18.25-21.20 (00.20 Fri & Sat)
6
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
(11.30 Sat & Sun) 14.05-16.40-19.15-21.50 (00.15 Fri & Sat)
7
Ratatouille
Animation PV
(11.40 Sat & Sun)
The Kingdom
Jamie Foxx, Jennifer Garner
14.00-16.30-19.10-21.40 (00.10 Fri & Sat)
8
Surf's Up
Animation PV
(12.05 Sat & Sun)
Becoming Jane
Anne Hathaway, James McAvoy
14.10-16.50-19.30
Planet Terror
Freddy Rodriguez, Rose McGowan
22.10 (00.35 Fri & Sat)
9
Are We Done Yet?
Ice Cube, Nia Long
(11.45 Sat & Sun) 13.55-16.10
Julgamento
Alexandra Lencastre, Fernanda Serrano
18.30
Goodbye Bafana
Dennis Haysbert, Joseph Fiennes
21.00 (00.00 Fri & Sat)

CASTELLO LOPES CINEMAS PORTIMÃO
TEL: 707 220 220
18 OCT-24 OCT

1
Rush Hour 3
Jackie Chan, Chris Tucker
14.20-16.30-19.00-21.50-00.25
2
The Kingdom
Jamie Foxx, Jennifer Garner
14.10-16.50-19.10-22.00-00.20
3
Stardust
Charlie Cox, Peter O'Toole
14.00
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
16.40-19.05-21.40-00.15
4
Ratatouille
Animation PV
13.40
2 Days in Paris
Julie Delpy, Adam Goldberg
16.20-18.30-21.10-23.40
5
1408
John Cusack, Samuel L. Jackson
13.50-16.10-18.40-21.20-23.50
6
Knocked Up
Seth Rogen, Katherine Heigl
13.30-16.00-18.50-21.30-00.10

CASTELLO LOPES CINEMAS ALGARVESHOPPING
TEL: 707 220 220
18 OCT-24 OCT

1
The Kingdom
Jamie Foxx, Jennifer Garner
13.35-16.20-18.55-21.20-23.50
2
Knocked Up
Seth Rogen, Katherine Heigl
13.10-15.55-18.40-21.25-00.10
3
Ratatouille
Animation PV
13.40
1408
John Cusack, Samuel L. Jackson
16.50-19.05-21.50-00.00
4
Stardust
Charlie Cox, Peter O'Toole
13.00-15.50-18.35
The Bourne Ultimatum
Matt Damon, Julia Stiles
21.15-23.45
5
Shark Bait
Animation PV
13.15
The Invisible
Justin Chatwin, Margarita Levieva
16.30-18.50-21.10-23.40
6
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
13.30-16.05-18.45-21.30-00.05
7
The Brave One
Jodie Foster, Terrence Howard
13.20-16.10-19.00-21.35-00.15
8
Rush Hour 3
Jackie Chan, Chris Tucker
13.50-16.40-19.10-21.40-00.20
9
2 Days in Paris
Julie Delpy, Adam Goldberg
14.00-16.15-18.30-21.00-23.30

LUSOMUNDO VILAMOURA
TEL: 289 302 277
18 OCT-24 OCT

The Heartbreak Kid
Ben Stiller, Michelle Monaghan
15.30-18.30-21.30

CENTRE

LUSOMUNDO ALMADA FORUM
TEL: 707 246362
18 OCT-24 OCT

The Kingdom
Jamie Foxx, Jennifer Garner
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
The Brave One
Jodie Foster, Terrence Howard
Knocked Up
Seth Rogen, Katherine Heigl
Rush Hour 3
Jackie Chan, Chris Tucker
Are We Done Yet?
Ice Cube, Nia Long
Planet Terror
Freddy Rodriguez, Rose McGowan
The Bourne Ultimatum
Matt Damon, Julia Stiles
Julgamento
Alexandra Lencastre, Fernanda Serrano
A Mighty Heart
Angelina Jolie, Dan Futterman
Ratatouille
Animation PV
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
Shark Bait
Animation PV
Stardust
Charlie Cox, Peter O'Toole
Ils / Them
Olivia Bonamy, Michaël Cohen
1408
John Cusack, Samuel L. Jackson
Fados
Documentary
The Invisible
Justin Chatwin, Margarita Levieva

MILLENIUM ALVALÁXIA
TEL: 21 754 9000
18 OCT-24 OCT

The Brave One
Jodie Foster, Terrence Howard
Knocked Up
Seth Rogen, Katherine Heigl
Rush Hour 3
Jackie Chan, Chris Tucker
The Kingdom
Jamie Foxx, Jennifer Garner
Becoming Jane
Anne Hathaway, James McAvoy
The Invisible
Justin Chatwin, Margarita Levieva
Julgamento
Alexandra Lencastre, Fernanda Serrano
Planet Terror
Freddy Rodriguez, Rose McGowan
Are We Done Yet?
Ice Cube, Nia Long
Peaceful Warrior
Scott Mechlowicz, Nick Nolte
.45
Milla Jovovich, Stephen Dorff
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
1408
John Cusack, Samuel L. Jackson
Stardust
Charlie Cox, Peter O'Toole
The Bourne Ultimatum
Matt Damon, Julia Stiles
The Lookout
Joseph Gordon-Levitt, Jeff Daniels
Ratatouille
Animation PV
Hairspray
John Travolta, Queen Latifah

LUSOMUNDO AMOREIRAS
TEL: 707 246362
18 OCT-24 OCT

Knocked Up
Seth Rogen, Katherine Heigl
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
The Kingdom
Jamie Foxx, Jennifer Garner
Meet the Robinsons
Animation
Becoming Jane
Anne Hathaway, James McAvoy
The Brave One
Jodie Foster, Terrence Howard
Rush Hour 3
Jackie Chan, Chris Tucker
Fados
Documentary

LUSOMUNDO CASCAISHOPPING
TEL: 707 246362
18 OCT-24 OCT

Ratatouille
Animation PV
Rush Hour 3
Jackie Chan, Chris Tucker
The Kingdom
Jamie Foxx, Jennifer Garner
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
The Brave One
Jodie Foster, Terrence Howard
Knocked Up
Seth Rogen, Katherine Heigl
The Invisible
Justin Chatwin, Margarita Levieva
The Bourne Ultimatum
Matt Damon, Julia Stiles

LUSOMUNDO COLOMBO
TEL: 707 246362
18 OCT-24 OCT

The Invisible
Justin Chatwin, Margarita Levieva
Ratatouille
Animation PV
Julgamento
Alexandra Lencastre, Fernanda Serrano
1408
John Cusack, Samuel L. Jackson
Stardust
Charlie Cox, Peter O'Toole
Knocked Up
Seth Rogen, Katherine Heigl
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
The Brave One
Jodie Foster, Terrence Howard
Ils / Them
Olivia Bonamy, Michaël Cohen
The Kingdom
Jamie Foxx, Jennifer Garner
Shark Bait
Animation PV
The Bourne Ultimatum
Matt Damon, Julia Stiles
Rush Hour 3
Jackie Chan, Chris Tucker

LUSOMUNDO DOLCE VITA MIRAFLORES
TEL: 707 246362
18 OCT-24 OCT

Rush Hour 3
Jackie Chan, Chris Tucker
Shark Bait
Animation PV
Julgamento
Alexandra Lencastre, Fernanda Serrano
Stardust
Charlie Cox, Peter O'Toole
The Bourne Ultimatum
Matt Damon, Julia Stiles
No Reservations
Catherine Zeta-Jones, Aaron Eckhart

UCI CINEMAS EL CORTE INGLÉS
TEL: 707 23 22 21
18 OCT-24 OCT

The Brave One
Jodie Foster, Terrence Howard
Knocked Up
Seth Rogen, Katherine Heigl
Les Chansons d'Amour
Louis Garrel, Ludivine Sagnier
Rush Hour 3
Jackie Chan, Chris Tucker
The Inner Life of Martin Frost
David Thewlis, Irène Jacob
Becoming Jane
Anne Hathaway, James McAvoy
The Kingdom
Jamie Foxx, Jennifer Garner
Julgamento
Alexandra Lencastre, Fernanda Serrano
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Planet Terror
Freddy Rodriguez, Rose McGowan
Fados
Documentary
Ratatouille
Animation OV
Shark Bait
Animation PV
Death at a Funeral
Matthew MacFadyen, Keeley Hawes
Stardust
Charlie Cox, Peter O'Toole
The Bourne Ultimatum
Matt Damon, Julia Stiles
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
1408
John Cusack, Samuel L. Jackson

UCI CINEMAS FREEPORT
TEL: 707 23 22 21
18 OCT-24 OCT

The Brave One
Jodie Foster, Terrence Howard
Knocked Up
Seth Rogen, Katherine Heigl
Rush Hour 3
Jackie Chan, Chris Tucker
The Kingdom
Jamie Foxx, Jennifer Garner
Julgamento
Alexandra Lencastre, Fernanda Serrano
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Are We Done Yet?
Ice Cube, Nia Long
1408
John Cusack, Samuel L. Jackson
Stardust
Charlie Cox, Peter O'Toole
Ratatouille
Animation OV
Everyone's Hero
Animation
The Bourne Ultimatum
Matt Damon, Julia Stiles
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
Planet Terror
Freddy Rodriguez, Rose McGowan

OV = Original Version
PV = Portuguese Version

LUSOMUNDO FORUM MONTIJO
TEL: 707 246362
18 OCT-24 OCT

Knocked Up
Seth Rogen, Katherine Heigl
Meet the Robinsons
Animation PV
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
The Kingdom
Jamie Foxx, Jennifer Garner
Rush Hour 3
Jackie Chan, Chris Tucker
The Brave One
Jodie Foster, Terrence Howard
The Invisible
Justin Chatwin, Margarita Levieva

LUSOMUNDO ODIVELAS PARQUE
TEL: 707 246362
18 OCT-24 OCT

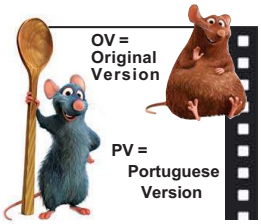
Knocked Up
Seth Rogen, Katherine Heigl
Rush Hour 3
Jackie Chan, Chris Tucker
The Brave One
Jodie Foster, Terrence Howard
Ratatouille
Animation PV
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Stardust
Charlie Cox, Peter O'Toole
The Invisible
Justin Chatwin, Margarita Levieva
Julgamento
Alexandra Lencastre, Fernanda Serrano
The Bourne Ultimatum
Matt Damon, Julia Stiles
The Kingdom
Jamie Foxx, Jennifer Garner

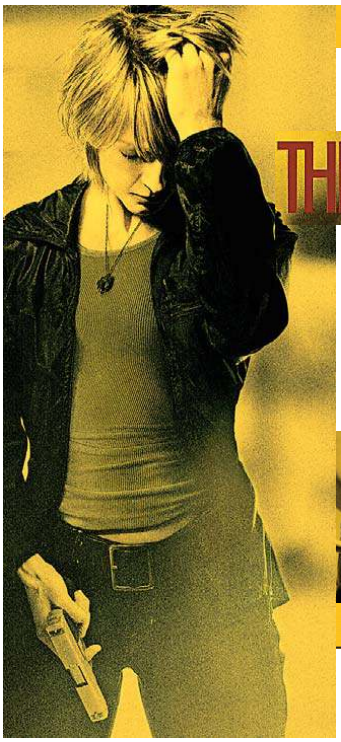
LUSOMUNDO OEIRAS PARQUE
TEL: 707 246362
18 OCT-24 OCT

Stardust
Charlie Cox, Peter O'Toole
The Invisible
Justin Chatwin, Margarita Levieva
Knocked Up
Seth Rogen, Katherine Heigl
The Brave One
Jodie Foster, Terrence Howard
Rush Hour 3
Jackie Chan, Chris Tucker
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
The Kingdom
Jamie Foxx, Jennifer Garner
Shark Bait
Animation PV
1408
John Cusack, Samuel L. Jackson

LUSOMUNDO VASCO DA GAMA
TEL: 707 246362
18 OCT-24 OCT

Stardust
Charlie Cox, Peter O'Toole
1408
John Cusack, Samuel L. Jackson
Shark Bait
Animation PV
The Invisible
Justin Chatwin, Margarita Levieva
Fados
Documentary
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Knocked Up
Seth Rogen, Katherine Heigl
El Cantante
Marc Anthony, Jennifer Lopez
Rush Hour 3
Jackie Chan, Chris Tucker
The Brave One
Jodie Foster, Terrence Howard
The Kingdom
Jamie Foxx, Jennifer Garner
Becoming Jane
Anne Hathaway, James McAvoy





THE BRAVE ONE

JODIE FOSTER THE BRAVE ONE

For Erica Bain (Jodie Foster), the streets of New York are both her home and her livelihood. She shares the sounds and the stories of her beloved city with her radio audience as the host of the show "Street Walk." At night, she goes home to the love of her life, her fiancé David Kirmani (Naveen Andrews). But everything Erica knows and loves is ripped from her on one terrible night when she and David are ambushed in a random, vicious attack that leaves David dead and Erica close to it.

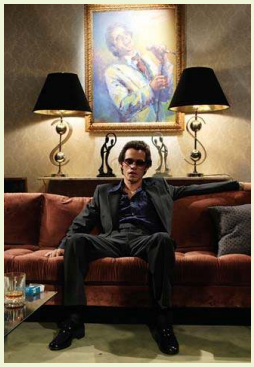
Though Erica's broken body heals, deeper wounds remain, the devastation of losing David and, even more overwhelming, a suffocating fear that haunts her every step. The city streets she had once loved to roam, even places that had been warm and familiar, now feel strange and threatening.

When the fear finally becomes too much to bear, Erica makes a fateful decision to arm herself against it. The gun in her hand becomes a tangible way to protect herself from an intangible enemy ... or so she thinks. The first time she shoots someone, it is kill or be killed.

The second time is also in self-defense ... or did she make a choice not to take herself out of harm's way? The fear that had once paralyzed her has been replaced by something else ... something that drives her to reclaim the life that was taken from her that night ... something that Erica does not even recognize in herself.

Stories of an anonymous vigilante grip the city, and NYPD detective Sean Mercer (Terrence Howard) becomes increasingly determined to track down the killer. As he pieces together the clues, the evidence begins to point not to a guy with a gun ... but a woman with a grudge.

With Mercer closing in and her own conscience trying her, Erica must decide whether her quest for some form of justice, and even vengeance, is truly the right path, or if she has become the very thing she is hunting.



Bring on the Nuyorican soul. This biography of Hector Lavoe, salsa music's celebrated vocalist, luxuriates in vibrant musical numbers, heart-wrenching drama and the palpable chemistry between chart-topping superstars, and real-life husband and wife, Jennifer Lopez and Marc Anthony.

Hector Lavoe was one of the biggest Spanish-language singers in the 1970s, but personal tragedy and a heroin addiction left him penniless and dying from complications from AIDS. Known as salsa's bad boy, he had a crystal-clear voice and an incomparable talent for improvisation.

El Cantante purges its difficult emotions with a touching final tribute, as director Leon Ichaso incorporates footage of the real-life Hector Lavoe funeral in 1993, for which thousands of New Yorkers took to the streets to pay their respects.

El Cantante is a must-see, a tale of love and loss set to an irresistible clave beat.

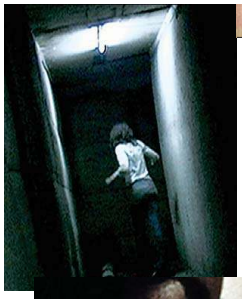
EL CANTANTE

KNOCKED UP

On the heels of 2005's blockbuster *The 40-Year-Old Virgin*, writer/director Judd Apatow delivers a comedy about a one-night stand with unexpected consequences, *Knocked Up*. Katherine Heigl joins *Virgin* alums Seth Rogen, Paul Rudd and Leslie Mann for a comic look about the best thing that will ever ruin your best-laid plans: parenthood.

Allison Scott (Katherine Heigl) is an up-and-coming entertainment journalist whose 24-year-old life is on the fast track. But it gets seriously derailed when a drunken one-nighter with slacker Ben Stone (Seth Rogen) results in an unwanted pregnancy. Faced with the prospect of going it alone or getting to know the baby's father, Allison decides to give the lovable doof a chance.

THEM / iLS



Somewhere in Romania; Clementine (Olivia Bonamy) is finishing her day of teaching the local kids French. On her way home she spots an abandoned vehicle beside the road. She continues on unaware of what happened to its occupants, a mother and her teenage daughter, the night before. Not that it matters, as tonight, along with her writer beau Lucas (Michaël Cohen), she'll find out first hand. They're awakened during the night by strange phone calls and the TV downstairs being turned on, but this is only the beginning of their night of terror as the phone lines go dead, the power goes out and their car goes missing, as they're stalked and set upon by THEM!

CELEB NEWS

Once again, **Tyler Perry** has had the last laugh. The writer-director-star, whose films are generally panned by critics and dismissed by box-office analysts, saw his latest comedy, *Why Did I Get Married?*, top the box office with $21.4 million, taking in nearly twice as much as the No. 2 film, *The Game Plan*, which earned $11 million in its third week. Meanwhile, **George Clooney**'s critically acclaimed legal drama *Michael Clayton*, which had been the expected winner, wound up instead with about $10.4 million, in fourth place behind the crime drama *We Own the Night*. "This is the last time that anyone will underestimate Tyler Perry," Lions Gate distribution chief Tom Ortenberg told the Los Angeles Times. "Tyler's message of family values and personal redemption speaks very strongly to people who are not frequent moviegoers." Ortenberg made similar comments in other interviews, and in one with USA Today added, "It has been fun confounding the experts". «»» Former U.S. Vice President **Al Gore** has won the Nobel Peace Prize for his work raising awareness about climate change. Gore, whose climate change documentary *An Inconvenient Truth* won an Academy Award, shares the prize with the United Nations' Intergovernmental Panel on Climate Change. The panel comprises 2,500 leading climate scientists and researchers from more than 130 countries. Nobel chairman Ole Danbolt Mjoes revealed the committee had chosen the winners "for their efforts to build up and disseminate greater knowledge about man-made climate change and to lay the foundations for the measures that are needed to counteract such change." Gore and the panel will share a $1.5 million prize, and Gore has already stated that he will donate his share to the non-profit Alliance for Climate Protection. «»» *Troy* star **Eric Bana** will play the villain in the new *Star Trek* movie. The Aussie actor has signed on to play Nero in *Lost* creator **J.J. Abrams**' much-anticipated new film, a prequel to the *Star Trek* television series of the 1960s. *Black Hawk Down* actor Bana will join *Heroes* star **Zachary Quinto**, **Zoe Saldana** and **Anton Yelchin** on the cast of the new sci-fi film, which will also feature original *Star Trek* regular **Leonard Nimoy**. The film is expected to hit cinemas on Christmas Day, 2008. «»» Comedienne **Whoopi Goldberg** has announced she is retiring from acting to concentrate on her broadcasting career. The Oscar-winning star, 52, who replaced **Rosie O'Donnell** on long-running daytime show The View last month, insists there's "no room" for her in Hollywood anymore, because there are younger, more glamorous actresses taking all the jobs. Goldberg, who has made more than 40 films in her career, winning an Oscar for her role in *Ghost*, claims she has no choice but to retire from movies, because she never gets sent scripts anymore. She tells talk show host **Larry King**, "You know, there's no room for the very talented Whoopi. There's no room right now in the marketplace of cinema". «»» Kind hearted **Robert De Niro** has spent time visiting jails offering help to prison convicts. De Niro met actor **Danny Trejo** on the set of **Michael Mann**'s 1995 crime epic *Heat*, and he was intrigued to hear the Hollywood tough guy - who is a reformed criminal, regularly gives motivational talks to prison inmates. And Trejo was quick to invite the Hollywood legend along. He says, "I always ask movie stars to come out to jails with me and talk. That guy (De Niro) actually showed up. He went out to jail where everybody was hardcore. And he came and talked. On his own. I was so sure he wouldn't turn up, I didn't put his name on the list. Then all of a sudden we got a call from the front desk, saying, 'We got **Robert De Niro** down here!" «»» Wrestler-turned-movie star **Dwayne "*The Rock*" Johnson** has made history at his former college by handing over $1 million to fund football facilities at the University Of Miami. The action man, who played football at the Florida university a decade ago, now becomes the most generous former student athlete in the school's history. Johnson's cash gift will help to fund renovation in the university's athletic department. The Miami Hurricanes' football locker room will be renamed in the actor's honour. In making the donation, Johnson said, "My wife Dany and I have always said that being a student athlete here at the University Of Miami has always been a tremendous part of our lives. I have said it time and time again, that this program was a launching pad for my success." Johnson and his wife met at the university. They announced their separation in June.

NORTH

UCI CINEMAS ARRÁBIDA SHOPPING
TEL: 707 23 22 21
18 OCT-24 OCT

The Heartbreak Kid
Ben Stiller, Michelle Monaghan
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
Are We Done Yet?
Ice Cube, Nia Long
Death at a Funeral
Matthew MacFadyen, Keeley Hawes
I Now Pronounce You Chuck and Larry
Adam Sandler, Kevin James
Planet Terror
Freddy Rodriguez, Rose McGowan
Julgamento
Alexandra Lencastre, Fernanda Serrano
Shark Bait
Animation PV
Hairspray
John Travolta, Queen Latifah
A Mighty Heart
Angelina Jolie, Dan Futterman
Ratatouille
Animation OV & PV
The Contract
John Cusack, Morgan Freeman
The Bourne Ultimatum
Matt Damon, Julia Stiles
The Kingdom
Jamie Foxx, Jennifer Garner
Stardust
Charlie Cox, Peter O'Toole
1408
John Cusack, Samuel L. Jackson
Knocked Up
Seth Rogen, Katherine Heigl
Rush Hour 3
Jackie Chan, Chris Tucker
Superbad
Jonah Hill, Michael Cera
Fay Grim
Parker Posey, Liam Aiken
Next
Nicolas Cage, Julianne Moore
The Brave One
Jodie Foster, Terrence Howard

LUSOMUNDO DOLCE VITA COIMBRA
TEL: 707 246362
18 OCT-24 OCT

The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Stardust
Charlie Cox, Peter O'Toole
The Kingdom
Jamie Foxx, Jennifer Garner
The Invisible
Justin Chatwin, Margarita Levieva
The Brave One
Jodie Foster, Terrence Howard
Ratatouille
Animation PV
Planet Terror
Freddy Rodriguez, Rose McGowan
I Now Pronounce You Chuck and Larry
Adam Sandler, Kevin James
Goya's Ghosts
Natalie Portman, Javier Bardem
Shark Bait
Animation PV
1408
John Cusack, Samuel L. Jackson
.45
Milla Jovovich, Stephen Dorff
A Mighty Heart
Angelina Jolie, Dan Futterman
Fados
Documentary

LUSOMUNDO DOLCE VITA DOURO
TEL: 707 246362
18 OCT-24 OCT

Knocked Up
Seth Rogen, Katherine Heigl
Fados
Documentary
The Invisible
Justin Chatwin, Margarita Levieva
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Rush Hour 3
Jackie Chan, Chris Tucker
The Kingdom
Jamie Foxx, Jennifer Garner
Shark Bait
Animation
1408
John Cusack, Samuel L. Jackson

LUSOMUNDO DOLCE VITA PORTO
TEL: 707 246362
18 OCT-24 OCT

Knocked Up
Seth Rogen, Katherine Heigl
The Kingdom
Jamie Foxx, Jennifer Garner
The Brave One
Jodie Foster, Terrence Howard
Ratatouille
Animation PV
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Rush Hour 3
Jackie Chan, Chris Tucker
The Invisible
Justin Chatwin, Margarita Levieva
1408
John Cusack, Samuel L. Jackson

LUSOMUNDO FERRARA PLAZA
TEL: 707 246362
18 OCT-24 OCT

No Reservations
Catherine Zeta-Jones, Aaron Eckhart
The Bourne Ultimatum
Matt Damon, Julia Stiles
Rush Hour 3
Jackie Chan, Chris Tucker
Fados
Documentary
Shark Bait
Animation
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
1408
John Cusack, Samuel L. Jackson

LUSOMUNDO FORUM AVEIRO
TEL: 707 246362
18 OCT-24 OCT

No Reservations
Catherine Zeta-Jones, Aaron Eckhart
Les Chansons d'Amour
Louis Garret, Ludivine Sagnier
Julgamento
Alexandra Lencastre, Fernanda Serrano
Death at a Funeral
Matthew MacFadyen, Keeley Hawes
The Kingdom
Jamie Foxx, Jennifer Garner
Shark Bait
Animation PV
The Inner Life of Martin Frost
David Thewlis, Irène Jacob
Stardust
Charlie Cox, Peter O'Toole
The Brave One
Jodie Foster, Terrence Howard

LUSOMUNDO FORUM COIMBRA
TEL: 707 246362
18 OCT-24 OCT

Ratatouille
Animation PV
Julgamento
Alexandra Lencastre, Fernanda Serrano
Are We Done Yet?
Ice Cube, Nia Long
The Bourne Ultimatum
Matt Damon, Julia Stiles
Meet the Robinsons
Animation
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
Knocked Up
Seth Rogen, Katherine Heigl
Rush Hour 3
Jackie Chan, Chris Tucker

OV = Original Version
PV = Portuguese Version

LUSOMUNDO FORUM VISEU
TEL: 707 246362
18 OCT-24 OCT

The Kingdom
Jamie Foxx, Jennifer Garner
Rush Hour 3
Jackie Chan, Chris Tucker
Knocked Up
Seth Rogen, Katherine Heigl
The Bourne Ultimatum
Matt Damon, Julia Stiles
Shark Bait
Animation PV
The Invisible
Justin Chatwin, Margarita Levieva
The Heartbreak Kid
Ben Stiller, Michelle Monaghan

LUSOMUNDO FORUM VIZELA
TEL: 707 246362
18 OCT-24 OCT

Rush Hour 3
Jackie Chan, Chris Tucker
Julgamento
Alexandra Lencastre, Fernanda Serrano
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
Shrek the Third
Animation

LUSOMUNDO FOZ PLAZA
TEL: 707 246362
18 OCT-24 OCT

Julgamento
Alexandra Lencastre, Fernanda Serrano
Rush Hour 3
Jackie Chan, Chris Tucker
Ratatouille
Animation PV
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
Knocked Up
Seth Rogen, Katherine Heigl
Stardust
Charlie Cox, Peter O'Toole
The Bourne Ultimatum
Matt Damon, Julia Stiles

LUSOMUNDO GAIA SHOPPING
TEL: 707 246362
18 OCT-24 OCT

Stardust
Charlie Cox, Peter O'Toole
The Bourne Ultimatum
Matt Damon, Julia Stiles
Julgamento
Alexandra Lencastre, Fernanda Serrano
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Knocked Up
Seth Rogen, Katherine Heigl
Rush Hour 3
Jackie Chan, Chris Tucker
Ratatouille
Animation PV
Are We Done Yet?
Ice Cube, Nia Long
Shark Bait
Animation PV
The Invisible
Justin Chatwin, Margarita Levieva
The Kingdom
Jamie Foxx, Jennifer Garner
Fados
Documentary

LUSOMUNDO GLICÍNIAS
TEL: 707 246362
18 OCT-24 OCT

Are We Done Yet?
Ice Cube, Nia Long
The Bourne Ultimatum
Matt Damon, Julia Stiles
Peaceful Warrior
Scott Mechlowicz, Nick Nolte
Planet Terror
Freddy Rodriguez, Rose McGowan
1408
John Cusack, Samuel L. Jackson
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
The Invisible
Justin Chatwin, Margarita Levieva
Knocked Up
Seth Rogen, Katherine Heigl
Rush Hour 3
Jackie Chan, Chris Tucker

LUSOMUNDO MAIA SHOPPING
TEL: 707 246362
18 OCT-24 OCT

Knocked Up
Seth Rogen, Katherine Heigl
Ratatouille
Animation PV
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Rush Hour 3
Jackie Chan, Chris Tucker
The Kingdom
Jamie Foxx, Jennifer Garner
Julgamento
Alexandra Lencastre, Fernanda Serrano

LUSOMUNDO NORTE SHOPPING
TEL: 707 246362
18 OCT-24 OCT

El Cantante
Marc Anthony, Jennifer Lopez
The Brave One
Jodie Foster, Terrence Howard
Knocked Up
Seth Rogen, Katherine Heigl
The Kingdom
Jamie Foxx, Jennifer Garner
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
The Bourne Ultimatum
Matt Damon, Julia Stiles
1408
John Cusack, Samuel L. Jackson
The Invisible
Justin Chatwin, Margarita Levieva
Shark Bait
Animation PV
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Ratatouille
Animation PV
Rush Hour 3
Jackie Chan, Chris Tucker

LUSOMUNDO PARQUE NASCENTE
TEL: 707 246362
18 OCT-24 OCT

Stardust
Charlie Cox, Peter O'Toole
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Knocked Up
Seth Rogen, Katherine Heigl
Rush Hour 3
Jackie Chan, Chris Tucker
The Kingdom
Jamie Foxx, Jennifer Garner
A Mighty Heart
Angelina Jolie, Dan Futterman
The Invisible
Justin Chatwin, Margarita Levieva
1408
John Cusack, Samuel L. Jackson
Are We Done Yet?
Ice Cube, Nia Long
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
Ils / Them
Olivia Bonamy, Michaël Cohen
Ratatouille
Animation PV
Julgamento
Alexandra Lencastre, Fernanda Serrano
Shark Bait
Animation PV
The Bourne Ultimatum
Matt Damon, Julia Stiles
Planet Terror
Freddy Rodriguez, Rose McGowan

OV = Original Version
PV = Portuguese Version

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Rachel's Favourite Food for Living. (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Snooker: The Grand Prix. The opening semi-final. (T) 4.30 Final Score.

5.25 BBC News; Regional News; Weather. (T)

5.45 Strictly Come Dancing. Bruce Forsyth and Tess Daly host as the 12 remaining couples compete against each other to stay in the competition, dancing either the jive or the tango. The result can be seen tomorrow. (T)

7.15 Robin Hood. A group of boys accidentally stumble on a weapons-testing site, where Gisborne has developed an indestructible new suit of armour. Jonas Armstrong and Richard Armitage star. (T)

8.00 The National Lottery: In It to Win It. Dale Winton presents the quiz show in which five contestants answer questions to scoop a big prize. Includes the Lotto, Dream Number and Thunderball draws. (T)

8.50 Casualty. Abs continues to voice his disapproval at Harry's "no inappropriate attenders" policy and its flaws become all too evident when a recently discharged patient is rushed back to the ED after being beaten up by her husband. Adam tutors Toby using a dead body, but the ethics of his methods split the department. A bride-to-be is poisoned by her sister who had been having an affair with the groom. (T)

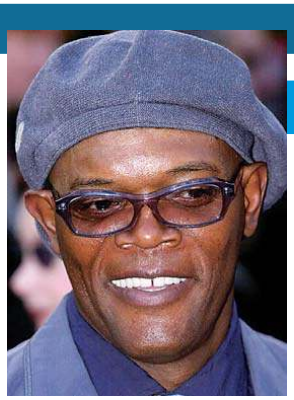
9.40 The Vicar of Dibley. First episode of Richard Curtis's comedy. The villagers of Dibley discover their new vicar is a woman - and stuffy councillor David Horton vows to have her ejected at all costs. (R) (T)

10.10 BBC News; Weather; (T) National Lottery Update.

10.30 Match of the Day. Gary Lineker presents highlights of today's Premier League fixtures, including the Merseyside derby between Everton and Liverpool, and Middlesbrough against Chelsea. The Toffees recorded the biggest win over their city rivals in 42 years in this fixture last term, with Andy Johnson scoring twice in their 3-0 triumph, and the hosts are sure to be confident given their opponents' inconsistent form of late. The Blues have started to find their form under new boss Avram Grant, but won't relish a trip to the Riverside, where they have suffered defeat for the past two seasons. (T)

11.55 FILM: Things to Do in Denver When You're Dead (1995). Thriller, starring Andy Garcia. (T)

1.45 Friday Night with Jonathan Ross; (R) (T) Weatherview. 2.35 BBC News 24. (T)



Pick of the Day

Fashion Rocks for the Prince's Trust (C4, 10.30pm)
The music and fashion worlds have always been related, but in the past couple of decades it's become nearly impossible to separate them. Madonna enlisted the help of Jean-Paul Gaultier to design her infamous cone-shaped bra for a world tour, and singers like Umbrella chanteuse Rihanna have replaced traditional catwalk models (as she did at last month's Dsquared show). The lines between the two areas have become even more blurred as popular singers like Gwen Stefani, Justin Timberlake, Beyonce and P Diddy have recently launched their own successful fashion lines. So it's a bit of a relief to see music and fashion work together, instead of stepping on each other's toes, at Fashion Rocks. The Swarovski Fashion Rocks for the Prince's Trust 2007, co-hosted by actors Uma Thurman and Samuel L Jackson, will see London's Royal Albert Hall become home to a fashion extravaganza, accompanied by live music from the year's biggest chart-toppers. The show's designers include Armani, Chanel, Dolce & Gabbana, Stella McCartney, Valentino and Versace, and the musical line-up is equally impressive, with performances from The Gossip, Joss Stone, Lily Allen, Marc Almond, Razorlight and Timbaland. What better way to raise money for the Prince's Trust, which helps 100 young people get their lives back on track every day?

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.55 CITV: Horrid Henry. (T) 10.10 Supernormal. (T) 10.20 Emu. (T) 10.40 Tricky TV. 11.10 Skyland. (T) 11.40 The Amazing Adrenalini Brothers. (R) (T) 11.50 ITV News and Weather. (T) 11.55 London Today; Weather. (T) 12.00 Saturday Cooks! (T) 1.30 FILM: Dennis (1993). Slapstick comedy, starring Walter Matthau. (T) 3.10 FILM: Dr No (1962). James Bond adventure, starring Sean Connery. Continues after the news. (T) 4.30 London Today; Weather. (T) 4.45 ITV News and Weather. (T)

5.00 FILM: Dr No (1962). Concluded. (T)

5.45 The X Factor. The final 12 sing for viewers' votes in the first live studio round of the competition. With judges Simon Cowell, Sharon Osbourne, Louis Walsh and Dannii Minogue. The result follows the rugby. (T)

7.45 Live Rugby World Cup 2007. Jim Rosenthal presents coverage of the final from the Stade de France (Kick-off 8.00pm), where the sides are aiming to succeed England as champions in the sixth staging of the tournament. Subsequent programmes subject to change. (T)

10.00 The X Factor - The Results. The viewers' verdict is announced and the two acts with the fewest votes sing again, hoping to win a reprieve from mentors Simon Cowell, Louis Walsh, Sharon Osbourne and Dannii Minogue. There's also a performance by last year's winner Leona Lewis. (T)

10.35 Parkinson. The veteran broadcaster continues his final series of the chat show joined by X Factor judge Sharon Osbourne who talks about her new book The Next Chapter, supermodel Sophie Dahl discusses her latest literary venture Playing with Grown-ups, vitriolic comedienne Joan Rivers adds her usual spice to the evening and jazz musician Diana Krall performs a track from her latest album live in the studio. (T)

11.35 ITV News and Weather; Weather. (T)

11.50 F1: Brazilian Grand Prix Qualifying. Steve Rider introduces highlights of today's session at Interlagos, where the drivers battle for pole position ahead of tomorrow's final race of the season. Felipe Massa delighted the home fans by both taking pole and claiming victory here last year, but all eyes will be on Lewis Hamilton, Fernando Alonso and Kimi Raikkonen this time around as their season-long battle heads towards a conclusion. Commentary by James Allen and Martin Brundle. (T)

12.50 Make Your Play; (T) ITV News Headlines. 4.10 Antiques Auction. (R) (T) 4.35 Antiques Auction. (R) (T) 5.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Teletubbies. (R) (T) 6.30 Balamory. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Dogstar. (T) 7.25 Dennis the Menace. (R) (T) 7.50 Watch My Chops. (R) (T) 8.00 Hider in the House. (R) (T) 9.00 TMi; (T) Diddy Dick & Dom. (R) (T) 10.30 Stupid. (R) (T) 10.55 The Story of Tracy Beaker; (R) (T) Bernard. 11.25 What's New Scooby-Doo? (R) (T) 11.45 Sportsround. (T) 12.00 Animal Park. (R) 1.00 Film 2007 with Jonathan Ross. (R) (T) 1.30 FILM: Mildred Pierce (1945). Melodrama, starring Joan Crawford. (T) (bw) 3.15 FILM: Confessions of a Teenage Drama Queen (2004). Premiere. Teen drama, starring Lindsay Lohan. (T) 4.40 BBC Switch: Falcon Beach. (T) 5.25 BBC Switch: Sound. (T) 6.00 Heroes Unmasked. (R) (T) 6.10 What the Papers Say. (T) 6.20 Snooker: The Grand Prix. Hazel Irvine is joined by Steve Davis and John Parrott for live coverage of tonight's second semi-final at the Aberdeen Exhibition and Conference Centre, played over the best of 11 frames. (T) 7.15 Michael Palin's New Europe. The presenter frolics with locals during an Estonian pagan festival, embarks on a session of fire-walking and comes to understand why Lithuania is often referred to as "A Singing Nation". (R) (T) 8.15 The Culture Show. With Icelandic band Sigur Ros and designer Matthew Williamson. (T) 9.05 Snooker: The Grand Prix. Hazel Irvine is joined by Steve Davis and John Parrott to present highlights of tonight's remaining semi-final at the Aberdeen Exhibition and Conference Centre. (T) 10.40 Have I Got a Bit More News for You. (T) 11.20 The Tudors. (R) (T) 12.15 The Culture Show. (R) (T) 1.05 Snooker Extra. (T) 3.05 Close.

C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.55 T4: One Tree Hill. (T) 9.55 T4: Fashion Rocks Is Coming. (R) (T) 10.55 T4: MobileAct Unsigned. (R) (T) 12.00 T4: Transmission. (R) (T) 12.30 T4: Friends. Joey gets in touch with his feminine side. (R) (T) 1.00 T4: Charmed. (R) (T) 2.00 Channel 4 Racing from Newmarket and Cheltenham. Including the 3.45 totesport.com Cesarewitch (H'cap) (2m 2f). (T) 4.10 Red Bull Air Race 2007. (T) 5.15 FILM: Carry On Doctor (1967). Bawdy hospital comedy, starring Frankie Howerd. 7.00 Channel 4 News. (T) 7.25 Deal or No Deal. Noel Edmonds hosts the game show in which contestants try to guess the values of mystery boxes holding as much as #250,000. (T) 8.10 FILM: Stepmom (1998). A photographer falls for a man with two children, but struggles to accept her role as a stepmother. Tear-jerking family drama, starring Julia Roberts, Ed Harris and Susan Sarandon. (T) 10.30 4Music: Fashion Rocks for the Prince's Trust. (T) 12.10 4Music: REM: Live at Dublin Point. 1.10 4Music: 4Play: The Hives. (T) 1.30 4Music: 4Play: The Flies. 1.40 4Music: Dubplate Drama. (R) (T) 2.10 FILM: Beneath the Planet of the Apes (1969). Sci-fi sequel, with James Franciscus. (T) 3.45 Unreported World. (R) (T) 4.15 Full Metal Challenge. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: Hi-5. (R) (T) 7.35 Hana's Helpline. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.10 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.25 The Book of Pooh. (R) (T) 8.55 Roobarb and Custard Too. (R) (T) 9.10 Mio Mao. (R) (T) 9.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 9.30 Franklin. (R) (T) 10.00 Fifth Gear. (R) (T) 11.00 Building the Ultimate. (R) (T) 11.30 Built for the Kill. (R) (T) 12.20 Durga: The Goddess Comes to London. (R) (T) 1.10 FILM: Irreconcilable Differences (1984). Domestic comedy, starring Drew Barrymore. 3.05 FILM: Columbo: Old Fashioned Murder (1976). Crime drama, starring Peter Falk. (T) 4.35 FILM: Scooby-Doo and the Cyber Chase (2001). Animated antics, with the voice of Bob Bergen. 6.05 five news and sport. 6.20 FILM: The Medallion (2003). Cops Jackie Chan and Lee Evans are transformed into turbo-charged warriors by an ancient medallion. Awful action thriller, co-starring Julian Sands. 7.50 NCIS. A Navy officer who knows the location of nuclear weapons components is abducted, and the team try to identify the kidnapper before the situation deteriorates. (R) (T) 8.45 NCIS. The murder of two Marines' wives prompts a detailed investigation. Gibbs suspects domestic violence, but the team uncover evidence suggesting the killers were professionals. (R) (T) 9.40 CSI: Crime Scene Investigation. A real estate tycoon's wife is killed in her home. (R) (T) 10.40 Law & Order: Special Victims Unit. (T) 11.40 Criminal Minds. (R) (T) 12.40 Quiz Call. 5.35 Wildlife SOS. (R) (T)

LOCAL

RTP1
Fátima, 90 Anos de Fé 0800 Bom dia Sábado 1000 Fátima, 90 Anos de Fé 1300 News 1650 Football: Azerbaijão V Portugal 1905 O Preço Certo 2000 News 2100 A Voz do Cidadão 2115 Operação Triunfo 2345 John Q, film 0150 Mauvais Esprit, film 0330 A Hora da Sorte 0415 Telesales

RTP2
0700 Euronews 1000 África 7 Dias 1030 Notícias de Portugal 1130 Palco: Rodrigo Leaos, João, Xaile 1250 Bastidores 1315 The Simpsons 1335 Entre Pratos 1400 National Geographic 1500 Sport 1900 Gente da Cidade 1930 A Princesa Mononoke 2145 A Hora da Sorte 2200 News 2240 Anything Else, film Sogni D'Oro, films 0200 Sport 0600 Euro News

SIC
0700 Sic Kids 0845 Disney Kids 1200 Our World 1300 News 1400 Extase 0445 Futsal Sport: Sporting V Belenenses 1700 CSI Miami 1800 Film TBA 2000 News 2215 Paraíso Tropical 2330 Vingança 0030 Doctor No 0245 Amazónia 0330 Quando o telephone Toca

TVI
0700 Childen TV 0900 Morangos com Açucar 1045 O Bando dos Quatro 1215 DeLuxe 1300 News 1400 Os Escolhidos 1600 Film TBA1800 Film 2000 News 0030 Erros Reparaveis, film 0530 Telesales

Best of the Rest

BBC3
7.00 Football Gaffes Galore 7.10 Spendaholics 7.40 Top Gear 8.40 The Real Hustle 9.10 Little Britain 9.40 Film: The Client 15 (1994) 11.35 Drop Dead Gorgeous 12.35 It's Adam and Shelley 1.05 The Real Hustle 1.35 Singing with the Enemy 2.30 Drop Dead Gorgeous 3.30 Last Man Standing 4.30 Close

BBC4
7.00 The Black 18th Century 7.30 The British Enlightenment 8.30 One Foot in the Past 9.00 More Dawn French's Girls Who Do: Comedy 9.30 Charlie Brooker's Screenwipe 10.00 Film: A Common Thread 12 (2004) 11.25 The House of Chanel 11.50 Arena - The Other Side of the Mirror - Bob Dylan at the Newport Folk Festival 1.15 Charlie Brooker's Screenwipe 1.45 One Foot in the Past 2.10 The British Enlightenment 3.10 The Black 18th Century 3.40 Charlie Brooker's Screenwipe 4.10 Close

ITV2
2.10 Holiday Showdown 3.10 Holiday Airport: Palma 4.10 The Planet's Funniest Animals 4.35 Movies Now 4.45 Streetmate 5.45 The New Adventures of Superman 6.45 Nanny 911 7.45 The Xtra Factor 8.45 Australian Princess 9.35 Jack Osbourne: Mongol Rally 10.35 The Xtra Factor Results 11.20 Film: Twister PG (1996) 1.25 The X Factor 3.10 The X Factor - The Results 3.40 Emmerdale 6.00 Close

Sky One
1.00 Malcolm in the Middle 1.30 Stargate Atlantis 2.30 Lost 3.30 Lost 4.30 Cirque de Celebrite 6.00 A Town Called Eureka 7.00 Inside Britain's Fattest Man 8.00 The Simpsons 8.30 The Simpsons 9.00 Bones 10.00 Road Wars 11.00 Street Wars 12.00 50 Terrible Predictions 2.00 Bones 2.50 Street Wars 3.40 America's Dumbest Criminals 4.05 Dinotopia 4.55 Futurama: Welcome to the World of Tomorrow 5.05 Guilty!

UKTV Gold
1.00 Last of the Summer Wine 1.40 Last of the Summer Wine 2.20 Keeping Up Appearances 3.00 Keeping Up Appearances 3.40 dinnerladies 4.20 dinnerladies 5.00 My Family 5.40 My Family 6.20 Open All Hours 7.00 Open All Hours 7.40 Only Fools and Horses 8.20 Only Fools and Horses 9.00 Jonathan Creek 10.05 Jonathan Creek 11.10 The Royle Family 11.50 The Royle Family 12.30 The Worst Week of My Life 1.10 The Royle Family 1.50 New Tricks 2.40 Baywatch 3.25 Charlie's Angels 4.15 Last of the Summer Wine 4.45 Last of the Summer Wine 5.15 Fantasy Island

TCM
1.00 The Alphabet Murders U (1966) 3.00 Singin' in the Rain U (1952) 4.50 Where Eagles Dare PG (1968) 7.25 Gun Glory U (1957) 9.00 Get Carter 18 (1971) 11.00 Pink Floyd: The Wall 15 (1982) 12.50 Teleshopping 1.05 Lolita 15 (1962)

The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: You Wish! U (2003) Family drama, starring AJ Trauth.

MOVIES

Sky Movies Drama

6.50 Family Secrets PG (2002) 8.15 Madison 15 (2001) 9.55 The Family Stone PG (2005) 11.40 Memoirs of a Geisha 12 (2005) With Ziyi Zhang. 2.05 Volver: The Making Of 2.25 United 93 15 (2006) With Christian Clemenson. 4.20 Madison 15 (2001) With Jim Caviezel. 6.00 The Family Stone PG (2005) With Claire Danes. 8.00 United 93 15 (2006) With Christian Clemenson. 10.00 Memoirs of a Geisha 12 (2005) With Ziyi Zhang. 12.25 Mean Creek 15 (2004) With Rory Culkin. 2.00 The Ice Storm 15 (1997) With Sigourney Weaver. 3.55 Our America 15 (2002) 5.35 Family Secrets PG (2002)

Sky Movies Comedy

6.55 Police Academy VI: City Under Siege PG (1989) 8.30 Bean PG (1997) 10.15 The Producers 12 (2005) 12.35 Kicking and Screaming PG (2005) With Will Ferrell. 2.25 Fun with Dick and Jane 12 (2005) With Jim Carrey. 4.15 Family Close Up 4.45 Bean PG (1997) With Rowan Atkinson. 6.30 Police Academy VI: City Under Siege PG (1989) With Bubba Smith. 8.00 Kicking and Screaming PG (2005) With Will Ferrell. 10.00 Fun with Dick and Jane 12 (2005) With Jim Carrey. 11.35 Kinky Boots 12 (2005) With Chiwetel Ejiofor. 1.25 The Producers 12 (2005) With Matthew Broderick. 3.40 He Said, She Said 12 (1991) 5.40 Comedy Close Up

Sky Movies Action

6.15 Too Close to Home (1997) 7.55 Magic Kid 2 PG (1994) 9.30 Volcano 12 (1997) 11.15 Deep Impact 12 (1998) With Robert Duvall. 1.20 Stardust Special 1.35 X-Men: The Last Stand 12 (2006) With Hugh Jackman. 3.20 Four Brothers 15 (2005) With Mark Wahlberg. 5.10 Volcano 12 (1997) With Tommy Lee Jones. 6.55 Deep Impact 12 (1998) With Robert Duvall. 9.00 X-Men: The Last Stand 12 (2006) With Hugh Jackman. 10.45 Four Brothers 15 (2005) With Mark Wahlberg. 12.40 The Young Americans 18 (1993) With Harvey Keitel. 2.30 Coffy 18 (1973) With Pam Grier. 4.15 Too Close to Home (1997)

(R)-repeat programme;
(T)-programme with teletext subtitles;
(S)-programme broadcast in stereo;
(bw)-black and white.

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Premier League Preview 7.00 Big League Weekend 8.00 Champions League Weekly 8.30 Premier League Preview 9.00 Soccer AM 12.00 Live Football Special. Everton v Liverpool (Kick-off 12.45pm). 3.00 Soccer Saturday 5.15 Live Saturday Night Football. Scunthorpe United v Leicester City (Kick-off 5.20pm). 7.30 You're on Sky Sports! 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Football First 2.45 Football First 4.15 You're on Sky Sports! 5.10 Champions League Weekly 5.40 U Can Do It 5.45 Sky Sports Classics

Sky Sports 2

6.00 Tight Lines 7.00 Live Rugby Union. The Air New Zealand Cup final. 9.30 Rally World 10.00 NFL Weekly Review 10.30 Moto Plus 11.00 Friday Fight Night 1.00 Rugby Union 2.00 Live European Tour Golf. The Portugal Masters. 6.00 Live International Rugby League. Northern Union v New Zealand All Golds (Kick-off 6.15pm). 8.30 Golf Night 11.00 NFL Playbook 12.00 International Rugby League 1.30 Spanish Football 3.00 Golf Night 5.30 Moto Plus

Sky Sports 3

6.00 Sports Unlimited 7.00 Sportnation 8.00 Rally World 8.30 NFL Weekly Review 9.00 NFL: America's Game 10.00 WWE: Smackdown 12.00 WWE: Bottom Line 1.00 NFL: Total Access 2.00 Live Ten Pin Bowling. The Weber Cup. Coverage continues on the interactive service. 2.30 Live International Twenty20 Cricket. India v Australia. 6.00 Moto Plus 6.30 World Sport 7.00 Live Ten Pin Bowling. The Weber Cup. 10.00 Extreme Championship Wrestling 11.00 WWE: Late Night - Smackdown 1.00 WWE: Late Night - Bottom Line 2.00 Max Power 3.00 NFL Playbook 4.00 NFL: Total Access 5.00 Max Power

British Eurosport

6.00 Live MotoGP. The Malaysian Grand Prix 125cc qualifying session. 6.45 Live MotoGP. The Malaysian Grand Prix MotoGP qualifying session. 8.00 Live MotoGP. The Malaysian Grand Prix 250cc qualifying session. 8.45 Inside Euro 2008 9.15 International Football 10.00 International Football 11.00 Inside Euro 2008 11.30 MotoGP 1.00 Live Snooker. The first Grand Prix semi-final. 4.00 WTA Tennis 5.30 Eurosport Buzz 6.00 Live Snooker. The second Grand Prix semi-final. 9.00 MotoGP 11.00 Cycling 12.30 Eurosport Buzz 1.00 Close 4.15 MotoGP 4.45 Live MotoGP. The Malaysian Grand Prix 125cc race.

Sky Sports Xtra

6.00 Race World 7.00 Friday Fight Night 9.00 Max Power 10.00 Sportnation 11.00 World Sport 11.30 Racing News 12.00 Moto Plus 12.30 Live Tennis. The sixth day of the Madrid Masters. 5.00 NFL: Total Access 6.00 WWE: Smackdown 8.00 Champions League Weekly 8.30 Live Spanish Football. A La Liga match. 11.00 Rugby Union 12.00 International Twenty20 Cricket 3.30 Moto Plus 4.00 Champions League Weekly 4.30 Spanish Football

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BBC1

6.00 Breakfast. (T) 7.40 MotoGP. The Malaysian Grand Prix. (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 Countryfile. (T) 12.00 The Politics Show. (T) 1.00 Cash in the Attic. (R) (T) 1.45 Diagnosis Murder. (R) (T) 3.10 EastEnders. (T)

5.05 Lifeline. Sally Magnusson appeals on behalf of Road Peace. (T)
5.15 Points of View. With Terry Wogan. (T)
5.30 Songs of Praise. The second of two programmes remembering Charles Wesley. (T)
6.05 Robin Hood. Gisborne develops an indestructible suit of armour. (R) (T)
6.50 Strictly Come Dancing. Two couples face a dance-off as they try to prove their worth to the judges after falling short in last night's public vote. Featuring guests Andrea Bocelli and Katherine Jenkins. (T)
7.35 BBC News; Regional News; Weather. (T)
8.00 Antiques Roadshow. On their second visit to London's Banqueting House, Michael Aspel and the team value a set of old pots that prove to be a substantial inheritance, and hear the grisly tale behind an axe that arrives from the Tower of London. (T)
9.00 Michael Palin's New Europe. The veteran traveller journeys through Poland from the port of Gdansk in the north to the Slovakian border in the south, visiting Auschwitz, Czestochowa and Warsaw. He explores the historical heritage of the nation and finds time to perform a cameo role with Poland's most famous cabaret group and become a breakfast TV celebrity. (T)
10.00 BBC News; Weather. (T)
10.20 Match of the Day 2. Adrian Chiles reviews the day's Premier League action, featuring extended highlights of the match between West Ham United and Sunderland at Upton Park. The Hammers won this fixture 2-0 when the teams last met during the 2005/06 campaign, a season that saw the Black Cats suffer 29 defeats and record just 15 points - the fewest in Premier League history. Plus, a review of yesterday's matches, including the Merseyside derby between Everton and Liverpool at Goodison Park and Middlesbrough against Chelsea at the Riverside. (T)
11.05 Lewis Hamilton: Billion Dollar Man. Profile of the British Formula One driver, exploring the talent that emerged at the age of seven and the 22-year-old's career to date. Includes an interview with Murray Walker and archive footage. (T)
12.05 FILM: Swing Shift (1984). Romantic drama, starring Goldie Hawn and Kurt Russell; (T) Weatherview. 1.45 Sign Zone: Watchdog. (R) (T) 2.15 Sign Zone: Holby City. (R) (T) 3.15 Sign Zone: Michael Wood: The Story of India. (R) (T) 4.15 Sign Zone: Kitchen Criminals. (R) (T) 4.45 BBC News 24. (T)

Pick of the Day

Lewis Hamilton: Billion Dollar Man (BBC1, 11.05pm)
He's gorgeous, he's 22, and he's come from nowhere to be regarded as one of the brightest stars of Formula One. Yes, Lewis Hamilton has the world at his feet at the moment, but who is he and what makes him tick? This insightful documentary, originally shown on BBC Three, sheds light on motorsport's newest superstar, and begins with his first-ever TV appearance in the Blue Peter garden. At the tender age of 10 he told then McLaren F1 team boss Ron Dennis: "Hi. I'm Lewis Hamilton. I won the British Championship and one day I want to be racing your cars." Sure enough, after working his way through Formula Three, he was announced as the F1 team's second driver in November last year. Since then, Lewis has gone on to claim the most consecutive podiums from debut race (nine), the most consecutive podiums for a British driver (also nine) and become the youngest driver ever to lead the World Championship. Here, Rebecca Wilson chats to Murray Walker, Denise Lewis, Colin Murray, Trevor Nelson and Maxi Jazz about the phenomenal driver's talent, and looks back at archive footage of him in action.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Sunday Edition. (T) 10.20 The Championship. (T) 11.05 CITV: Curious George. (T) 11.20 Jim Jam & Sunny. (T) 11.50 Prove It! (T) 12.15 Emu. (T) 12.30 Supernormal. (T) 12.45 Planet Sketch. 1.00 ITV News and Weather. (T) 1.05 London Today; Weather. (T) 1.10 The X Factor. (R) (T) 3.10 The X Factor - The Results. (R) (T) 3.45 London Tonight; Weather. (T) 3.50 ITV News and Weather. (T) 4.00 F1: Brazilian Grand Prix Live. The final race of the season at Interlagos (Start-time 5.00pm). Including ITV News and Regional News and Weather. (T)

7.00 Emmerdale. Gray confides in Katie about moving to America and is taken aback when she makes him a shocking offer. The village is still rife with gossip after the Sugdens' fire. (T)
7.30 Coronation Street. John finds himself being seduced by Rosie as he tries to make amends for their shared kiss, an unstable David coops himself up in his car and Roy resolves to talk to Christian. (T)
8.00 The Royal. A train crash claims the life of an infant, making Jill more determined than ever to support Carnegie's plans for a premature baby unit at the hospital. Stella's rapist requires surgery. (T)
9.00 Catwalk Dogs. Simon Nye's one-off romantic comedy about workaholic Michael (Kris Marshall) who insensitively presents his wife Sally (Georgia MacKenzie) with a puppy to ease the suffering of a second miscarriage. Unimpressed by the gesture, Sally leaves the marital home and takes up with dog breeder Guy, whose mother takes an instant dislike to her. With Dominic Rowan as Sally's new friend Guy, and Diana Quick his fearsome Rottweiler-breeding mother Mrs Jessop. (T)
10.30 ITV News and Weather; Weather. (T)
10.45 Britain's Love Story. New series documenting 50 years of love, sex and marriage in the UK, beginning with stories from the 1950s and 1960s with a young generation who believed their relationships would last forever but found it didn't always work out. During the period Cynthia Payne became Britain's most famous madam after a series of failed love affairs and actor Tony Booth was embroiled in a tempestuous relationship with Coronation Street icon Pat Phoenix. Illustrated with nostalgic archive footage and a contemporary music soundtrack. (T)
11.45 F1: Brazilian Grand Prix Highlights. Steve Rider introduces action from the final race of the season at Interlagos, where a thrilling campaign reaches its conclusion. (T)
12.45 Motorsport UK. (T) 1.15 FILM: When Time Ran Out (1980). Disaster movie, starring Paul Newman; (T) ITV News Headlines. 3.05 The Jeremy Kyle Show. (R) (T) 4.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Teletubbies. (R) (T) 6.30 Balamory. (R) (T) 6.50 Step Inside. Mr Mopple reads a story about a girl's rumbling tummy. (R) (T) 7.00 CBBC: Jakers! (R) (T) 7.20 Pinky and the Brain. (R) (T) 7.45 Even Stevens. (R) (T) 8.05 The Basil Brush Show. (R) (T) 8.30 SMart. (T) 9.30 Match of the Day. (R) (T) 11.00 Something for the Weekend. (T) 12.30 MotoGP. (T) 1.35 International Rugby League. (T) 2.30 Snooker: The Grand Prix. The opening session of today's final. (T) 6.00 Teaching Awards 2007. (T) 7.00 Nature of Britain. Alan Titchmarsh heads to the Orkney Islands, where he discovers the world's largest drystone wall is being used to keep livestock out, and observes farming methods in Somerset. (R) (T) 7.50 Coast. Nicholas Crane's journey along the eastern coastline continues as he learns how fish fingers are made and goes to Britain's first Butlins holiday camp in Skegness. (T) 8.00 Snooker: The Grand Prix. Hazel Irvine is joined by Steve Davis and John Parrott for live coverage of the remaining session of this year's final, staged at the Aberdeen Exhibition and Conference Centre. (T) 11.00 Graham Norton Uncut. (T) 11.45 Heroes. Matt starts a private security business. (R) (T) 12.30 FILM: Emile (2003). Premiere. Touching drama, starring Ian McKellen. (T) 1.55 BBC News 24. (T) 3.30 Close.

C4

6.00 Grabbit the Rabbit. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Transworld Sport. (T) 7.55 Racing Rivals. 8.25 Triathlon: Ironman UK. 8.55 T4: The OC. (R) (T) 9.55 T4: Hollyoaks. (T) 12.30 T4: MobileAct Unsigned. (T) 1.35 T4: Friends. (R) (T) 2.05 T4: Ugly Betty. (R) (T) 3.05 T4: Smallville. (T) 4.05 T4: The Simpsons. (R) (T) 4.40 T4: The Simpsons. (R) (T) 5.15 Location, Location, Location: Best & Worst 2007. (R) (T) 6.45 Channel 4 News. (T) 7.00 Bremner, Bird and Fortune. Political satire with Rory Bremner, John Bird and John Fortune. (T) 8.00 Wife Swap. The exchange threatens to be over by the end of the first day, such is the contrast in lives between pampered mother Karen Orchard and doting housewife Andrea Sinclaire. Tempers flare throughout the experience as both women struggle to adapt to their new routines, though the experience ultimately brings about some very surprising changes for the pair. (T) 9.00 FILM: Mickey Blue Eyes (1999). An Englishman living in New York falls for a mobster's daughter, but soon finds himself embroiled in the family business. Good-natured romantic comedy, starring Hugh Grant. (T) 10.55 FILM: Gangster No 1 (2000). Violent thriller, starring Malcolm McDowell. (T) 12.55 FILM: Jo Jeeta Wohi Sikandar (1992). Premiere. Musical drama, starring Aamir Khan. 3.55 Adrenalin Rush. (R) 4.25 Headland. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 My First. (R) (T) 6.30 Thomas & Friends. (R) (T) 6.40 Ebb and Flo. (R) (T) 6.50 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.00 Peppa Pig. (R) (T) 7.05 Hi-5. (R) (T) 7.40 Hana's Helpline. (R) (T) 7.55 Make Way for Noddy. (R) (T) 8.10 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.25 The Book of Pooh. (R) (T) 8.55 Roobarb and Custard Too. (R) (T) 9.05 Mio Mao. (R) (T) 9.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 9.30 Franklin. (R) (T) 10.00 Hannah Montana. (T) 10.30 Hannah Montana. (T) 11.00 8 Simple Rules. (T) 11.30 Beyond the Break. (T) 12.00 How to Be a Property Developer. (R) (T) 1.00 Great Artists. (R) (T) 1.30 Football Italiano. Live coverage of a match from Italy's Serie A. (T) 4.20 Two and a Half Men. (R) (T) 4.50 Joey. (R) (T) 5.15 five news and sport. (T) 5.30 FILM: Spanglish (2004). Premiere. Comedy, starring Paz Vega. (T) 8.00 FILM: Dirty Dancing (1987). Romance blossoms at a Sixties holiday resort as Patrick Swayze teaches naive teenager Jennifer Grey about life, love and tripping the light fantastic. Slushy drama, with Jerry Orbach. (T) 10.00 Seriously Dirty Dancing. Marking the 20th anniversary of the Eighties classic, presenter Dawn Porter visits America to meet Patrick Swayze and swap stories with fans of the movie. (T) 11.00 Californication. (R) (T) 11.45 Californication. (R) (T) 12.25 ITU Triathlon. 1.05 Major League Baseball. 4.20 Kickboxing: Now Is the Time - Night of Combat. (R) 5.10 Major League Soccer.

LOCAL

RTP1
0630 Fátima, 90 Anos de Fé 1230 Conta 1300 News 1400 Só Visto 1430 Top + 1500 Perdidos 1545 Storm, film 2100 As Escolhas de Marcelo Rebelo de Sousa 2130 Gato Fedorento 2230 Conta-me Como Foi 2300 Fátima. 90 Anps de Fè 0100 Top + 0130 Automobolismo 0400 Telesales 0605 Nós
RTP2
0700 Euronews 0730 Músicas de Áfirca 0830 África@global 0900 Caminhos 0930 70x7 1000 Nós 1100 Indisciplinas 1130 Consigo 1200 Vida Por Vida 1230 Olhar o Mundo 1300 The Simpsons 1330 Bombordo 1400 Discovery Hour 1900 Arte & Emoção 1930 Diga lá Excelência 2030 The Simpsons 2100 Entre Pratos 2130 A Alma e Gente 2200 News 2240 Câmanba Clara 2330 Britcom 0030 Onda Curta 0130 Parlamento 0200 A Alma e a Gente 0230 Euronews 0245 Sport 0600 Euronews
SIC
0700 Floribella 0830 Sic Kids 1100 Fátima 1300 News 1400 Film Tba 1530 Film TBA 1800 Film TBA 2000 News 2145 Familia Superstar 0100 Hora H 0145 Hoe Springs, film 0345 Quando o Telefone Toca
TVI
0645 Children's TV 0900 Morangos Com Açucar 1100 Missa Braga 1230 Oitavo Dia 1300 News 1410 Top + 1530 Ciclismo: Tour of Frande 1630 Film TBA 1845 O Preço Certo 1945 A Voz do Cidadão 2000 News 2130 Morangos Com Açucar 2230 Ilha dos Amores 2330 Doce Fugitiva 0130 Deadman On Campus, film 0215 Toca a Ganhar 0330 O Escritório 0400 One Hour Photo, film 0500 Telesales

Best of the Rest

BBC3
7.00 Lewis Hamilton: Billion Dollar Man 8.00 Leave Us Kids Alone: The Story So Far 9.00 Drop Dead Gorgeous 10.00 Touch Me, I'm Karen Taylor 10.30 Singing with the Enemy 11.30 Leave Us Kids Alone: The Story So Far 12.30 Drop Dead Gorgeous 1.25 Lewis Hamilton: Billion Dollar Man 2.20 Singing with the Enemy 3.20 Touch Me, I'm Karen Taylor 3.50 Close
BBC4
7.00 Doctor Who 8.10 The Treasures of Tutankhamun 9.00 Digging the Past 10.00 Silbury: The Heart of the Hill 11.00 Sir Mortimer Wheeler: A Life in Ruins 11.30 The Late Edition 12.00 Silbury: The Heart of the Hill 1.00 Digging the Past 2.00 Sir Mortimer Wheeler: A Life in Ruins 2.30 Silbury: The Heart of the Hill 3.30 The Late Edition 4.00 Close
ITV2
1.45 Film: Twister PG (1996) 3.40 Coronation Street 5.40 The X Factor 7.40 The X Factor - The Results 8.15 The Xtra Factor Results 9.00 The Black Donnellys 10.00 Secret Diary of a Call Girl 10.30 Katy Brand's Big Ass Show 11.00 Katie & Peter: Unleashed 12.00 Coronation Street 12.30 Jack Osbourne: Mongol Rally 1.30 The X Factor 3.30 The X Factor - The Results 4.00 Teleshopping 6.00 Close
Sky One
1.00 Malcolm in the Middle 1.30 Malcolm in the Middle 2.00 Project Runway 3.00 Hidden Palms 4.00 Pop Years 5.00 The Simpsons 5.30 The Simpsons 6.00 Are You Smarter Than a Ten Year Old? 7.00 The Simpsons 7.30 Cirque de Celebrite 9.00 Film: A Perfect Murder 15 (1998) 11.00 Street Wars 12.00 Dom Joly's Happy Hour 1.00 Buffy the Vampire Slayer 2.00 Full Force Nature 2.50 America's Dumbest Criminals 3.15 Rock Star Families 4.05 Vroom Vroom 5.00 Guilty!
UKTV Gold
1.00 Porridge 1.40 Open All Hours 2.20 Open All Hours 3.00 Only Fools and Horses 4.05 Only Fools and Horses 5.10 Only Fools and Horses 7.00 Only Fools and Horses 7.40 Only Fools and Horses 8.20 Only Fools and Horses 9.00 Dalziel & Pascoe 11.00 Only Fools and Horses 11.40 Only Fools and Horses 12.20 The Worst Week of My Life 1.00 Porridge 1.40 Porridge 2.15 Baywatch 3.10 Charlie's Angels 4.00 Close Up 4.10 Fantasy Island 5.05 As Time Goes By 5.35 Neighbours
TCM
1.00 Dinner at Eight U (1933) 3.00 Gone with the Wind PG (1939) 6.50 Clash of the Titans PG (1981) 9.00 The Searchers U (1956) 11.00 Cool Hand Luke 15 (1967) 1.15 Shaft's Big Score 15 (1972) 3.00 Teleshopping 3.15 Sitting Target 15 (1972)
The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

7.00 Big Spender PG (2003) 8.50 A Month of Sundays PG (2001) 10.40 Evita PG (1996) 12.55 The Exorcism of Emily Rose 15 (2005) With Laura Linney. 3.10 A Civil Action 15 (1998) With John Travolta. 5.10 Evita PG (1996) With Madonna. 7.30 Drama Close Up 8.00 The Exorcism of Emily Rose 15 (2005) With Laura Linney. 10.05 A Civil Action 15 (1998) With John Travolta. 12.05 Separate Lies 15 (2005) With Emily Watson. 1.45 In the Line of Duty: Blaze of Glory 15 (1996) With Lori Loughlin. 3.30 Piccadilly Jim 15 (2004) 5.20 Anna's Dream PG (2002)

Sky Movies Comedy

6.10 If Only 15 (2004) 8.00 Family Close Up 8.30 Mrs Doubtfire PG (1993) 10.40 Sixty Six 12 (2006) 12.25 Patch Adams 12 (1998) With Robin Williams. 2.25 The Perfect Man PG (2005) With Hilary Duff. 4.10 Mrs Doubtfire PG (1993) With Robin Williams. 6.20 Sixty Six 12 (2006) With Gregg Sulkin. 8.00 Patch Adams 12 (1998) With Robin Williams. 10.00 Wag the Dog 15 (1997) With Dustin Hoffman. 11.40 Meatballs 15 (1979) With Bill Murray. 1.30 If Only 15 (2004) With Jennifer Love Hewitt. 3.15 Wag the Dog 15 (1997) 4.55 The Perfect Man PG (2005)

Sky Movies Action

6.00 Flightplan 12 (2005) 7.50 Dragon Dynasty 12 (2006) 9.25 The Game 15 (1997) 11.35 Inside Man 15 (2006) With Denzel Washington. 1.45 The Transporter 2 15 (2005) With Jason Statham. 3.15 The Game 15 (1997) With Michael Douglas. 5.25 Rush Hour 12 (1998) With Jackie Chan. 7.15 Dead Calm 15 (1988) With Nicole Kidman. 9.00 The Transporter 2 15 (2005) With Jason Statham. 10.35 Rush Hour 12 (1998) With Jackie Chan. 12.20 Dragon Dynasty 12 (2006) With Federico Castelluccio. 2.00 Foxy Brown 18 (1974) With Pam Grier. 3.45 Mastermind PG (1976) 5.30 Action & Thriller Close Up

celebrating 30 years in print
Look out for our anniversary issue in November

SPORT

Sky Sports 1

6.00 U Can Do It 6.05 You're on Sky Sports! 7.00 Football First 8.30 Football First 10.00 The Sunday Supplement 11.00 Goals on Sunday 1.00 Live Football League. Southampton v Cardiff City (Kick-off 1.15pm). 3.30 Live Super Sunday. West Ham United v Sunderland (Kick-off 4.00pm). 6.30 Super Sunday: The Last Word 7.00 Live Spanish Football. A La Liga match. 10.00 Football Special 11.30 Super Sunday: The Last Word 12.00 Spanish Football 2.00 Close

Sky Sports 2

6.00 Wild Spirits 6.30 International Rugby League 8.00 NFL Playbook 9.00 NFL: Total Access 10.00 Seamaster Sailing 10.30 International Rugby League 12.00 Powerboating 1.00 Seamaster Sailing 1.30 Live Rugby Union. Newcastle Falcons v Bath (Kick-off 2.00pm). 4.00 Live Rugby Union. London Irish v Gloucester (Kick-off 4.00pm). 6.00 Live NFL. Detroit Lions v Tampa Bay Buccaneers (Kick-off 6.00pm). 9.00 Live NFL. Philadelphia Eagles v Chicago Bears (Kick-off 9.15pm). 1.00 Live NFL. Jacksonville Jaguars v Indianapolis Colts (Kick-off 1.30am). 5.00 Close

Sky Sports 3

6.00 Watersports World 7.00 Seamaster Sailing 7.30 Spanish Football 9.00 WWE: Afterburn 10.00 WWE: Heat 11.00 Wild Spirits 11.30 Racing News 12.00 Max Power 1.00 NFL: Total Access 2.00 Live European Tour Golf. The Portugal Masters. 6.00 WWE: Experience 7.00 World Sport 7.30 Golf Night 10.00 WWE: Late Night - Afterburn 11.00 WWE: Heat 12.00 Golf Night 2.30 Seamaster Sailing 3.00 Powerboating 4.00 Close

British Eurosport

6.00 Live MotoGP. The Malaysian Grand Prix 250cc race. 7.15 Live MotoGP. The Malaysian Grand Prix MotoGP race. 9.00 Cycling 10.00 WTA Tennis 11.00 MotoGP 12.30 Live WTA Tennis. The Zurich Open final. 2.30 Live Snooker. The Grand Prix final. 5.30 MotoGP 7.30 Motorsports Weekend 8.00 Live Snooker. The Grand Prix final. 11.00 MotoGP 12.00 Motorsports Weekend 12.30 Close

Sky Sports Xtra

6.00 Powerboating 7.00 Rugby Union 8.00 World Sport 8.30 Golf Night 11.00 Squash 12.00 Squash 1.00 Surfing 2.00 Live Ten Pin Bowling. The third day of the Weber Cup. Coverage continues on the interactive service. 2.30 Live Tennis. The final of the Madrid Masters. 5.00 Seamaster Sailing 5.30 NFL: Who Is? 6.00 Surfing 7.00 Live Ten Pin Bowling. The final session on day three of the Weber Cup. 10.00 Rugby Union 12.00 Tennis 2.30 Squash 3.30 Squash 4.30 Surfing 5.30 Close

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Choose the processor speed you need, right up to the newest dual core Pentium 3.4. Choose the RAM that's right for you. Choose a fast graphics card with plenty of on-board memory if you are an intensive graphics user. Go for security with 2 hard drives automatically backing up from one to the other so you never lose any data.

BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Live; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Car Booty; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Dirty Rotten Cheater. (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Arthur. (R) (T) 3.50 The Cramp Twins. (R) (T) 4.00 Raven: The Secret Temple; (R) (T) Thumb Wrestling Federation: TWF. (R) (T) 4.35 Lizzie McGuire. (R) (T) 5.00 The Sarah Jane Adventures. (T) 5.25 Newsround. (T)

5.35 Neighbours. Declan risks capture by the police to save Mickey. Janae realises her relationship with Ned isn't his top priority, while Oliver waits for the results of the paternity test. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 Street Doctor. The GPs travel to North Wales, where Jonty treats a student at Bangor University suffering from the symptoms of gout. Barbara indulges in a spot of alternative medicine at Plas Menai Watersports Centre, using a banana to help cure cracked heels, and George meets a holiday-maker with a nasty boil in Caernarfon. Last in series. (T)
8.00 EastEnders. Peggy receives a tempting offer that could solve her financial problems, Zainab insists the Masoods find some furniture immediately and Tanya is irritated by Rachel's constant sniping. (T)
8.30 Panorama. Reporter Andrew Jennings looks at England's bid to host the football World Cup in 2018. He investigates new allegations against FIFA officials and asks if England can expect fair treatment from world football's governing body. (T)
9.00 Traffic Cops. It's Guy Fawkes night in Humberside and the emergency services are feeling the pressure with fireworks going off all around town. While a deliberately set fire blazes, tension between tenants and the authorities erupts into a heated confrontation on a Grimsby housing estate. Jamie Theakston narrates. (T)
10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 Movie Connections. (T)
11.15 Inside Sport. Weekly round-up, presented by Gabby Logan, with interviews, features and reaction to all the latest headlines. (T)
11.55 FILM: The Martins (2001). Black comedy, starring Lee Evans; (T) Weatherview.
1.25 Sign Zone: Louis Theroux: Under the Knife. (R) (T) 2.25 Sign Zone: Countryfile: The Summer Diaries. (R) (T) 3.25 Sign Zone: Heston Blumenthal: In Search of Perfection. (R) (T) 3.55 Sign Zone: Oz and James's Big Wine Adventure. (R) (T) 4.25 Sign Zone: Kitchen Criminals. (R) (T) 4.55 BBC News 24. (T)

Pick of the Day

Doc Martin (ITV1 Granada, 9pm)
Coronation Street fans will spot a familiar face in this latest episode of the bittersweet comedy drama. Denise Black, who recently returned to Weatherfield as Denise Osbourne, plays Dawn Lamb, the mother of the doctor's receptionist, Pauline. "I dyed my hair red exclusively for the role," Denise explains. However, the dramatic colour change didn't go quite as planned. "I volunteered to come on set a day early because after I had dyed my hair the colour was rather robust. The make-up artists looked stunned. A Corrie fan who saw me when I was walking around Cornwall during filming screamed when she saw the colour of my hair," she laughs. Back to the plot, and curmudgeonly medic Dr Martin Ellingham (Martin Clunes) and school headmistress Louisa Glasson (Caroline Catz) go on their first date, which seems to be going well. They are serenaded with classical music at a concert in the stunning grounds of a country house, so Louisa seizes the opportunity for a romantic kiss. Alas, Martin puts his foot in it with an inappropriate remark. It proves too much for Louisa, who decides to end their fling before any more disasters occur. Martin is determined to win her back and even pops the question - but will she say yes?

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (R) (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Britain's Best Dish. The hunt for the UK's best homegrown recipe nears its end as the 15 regional victors are whittled down to nine. The winners will go on to compete for a place in Friday's grand final. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Perdy and Gray discuss Katie's offer, but Chas tries to warn the girl that her crush may be affecting her judgement. Zak and Lisa discover Sam is planning on leaving home and while Pollard is enjoying being looked after by Val, she spies him getting out of his wheelchair and considers taking revenge. (T)
7.30 Coronation Street. David heads for the builders' yard, bent on revenge, when Bill taunts him for being a loner after he fails to get an invitation to the wedding. Hayley has to decide whether to follow her dream without Roy when only one place becomes available on the African project, and Maria catches Liam kissing a glamorous woman. (T)
8.00 No More Heroes: Tonight. (T)
8.30 Coronation Street. Jason is rushed to hospital when he becomes the victim of David's sabotage and falls from the unstable balcony, and Hayley bids an emotional farewell to Roy. A confident Rosie makes plans to continue her affair with John, while Jamie warns Violet that Sean may want to be more involved with her baby than he's letting on. (T)
9.00 Doc Martin. Martin and Louisa embark on what seems to be a perfect first date at a classical music performance in the grounds of a country house, but a chance remark from the curmudgeonly doctor kills off any chance of romance. Elsewhere, Al worries that Pauline's gambling is getting out of hand when he finds out that her moped has been repossessed. Comedy drama series, starring Martin Clunes. (T)
10.00 Commando: On the Front Line. Adam Collins of 924 Troop makes a shocking accusation against his training team, while Bertie Kerr and his comrades in Afghanistan brace themselves for a Taliban attack. (T)
10.30 ITV News; Weather. (T)
11.05 FILM: City by the Sea (2002). Premiere. Thriller, starring Robert De Niro. (T)
1.05 Champions League Weekly. (T) 1.30 Make Your Play; (T) ITV News Headlines. 4.10 Vanessa's Real Lives. (R) (T) 5.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Boogie Beebies; (R) (T) Storytime with Roly Mo. (T) 7.00 In the Night Garden. (R) (T) 7.30 Bob the Builder: Project Build It. (T) 7.40 Finley the Fire Engine; (T) Mr Tumble. (R) 8.00 CBBC: Roar. (T) 9.00 Best of Friends. (R) (T) 9.25 Beat the Boss. (R) (T) 9.55 What's New Scooby-Doo? (R) (T) 10.15 Mona the Vampire. (R) (T) 10.30 The Slammer. (R) (T) 11.00 Dangermouse. (R) (T) 11.10 The Munsters. (R) (T) (bw) 11.35 Top Cat. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 FILM: Kitty Foyle (1940). Romantic drama, with Ginger Rogers. (T) (bw) 2.45 Escape to the Country. (T) 3.15 Open Gardens. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Weakest Link. (R) (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 India's Missing Girls: This World. New series. The illegal practice of aborting female foetuses. (T) 7.30 Mastermind. Subjects include Coronation Street and Bob Dylan. (T) 8.00 University Challenge. Liverpool University take on Magdalen College, Oxford. (T) 8.30 Nigella Express. How to make the most of everyday ingredients. (T) 9.00 Dragons' Den. Inventions include a device to de-tangle hair. (T) 10.00 Have I Got News for You. With Ed Byrne and Bob Marshall-Andrews. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 Roots Remembered: BBC Four on BBC Two. (R) (T) 12.50 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

C4

6.00 Grabbit the Rabbit. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Ratatouille: T4 Movie Special. (R) (T) 10.00 FILM: Carmen Jones (1954). Hollywood version of Bizet's opera, starring Dorothy Dandridge. (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.30 A Place in the Sun. (R) (T) 2.00 FILM: The Black Swan (1942). Swashbuckling adventure, with Tyrone Power. (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Are You Sitting Comfortably? New series. Four famous authors each write the beginning of a short story. (T) 8.00 Dispatches: Why Our Children Can't Read. Reporter Alex Thomson investigates the shocking statistic that one fifth of children leaving primary school can't read, focusing on the effectiveness of current teaching methods. (T) 9.00 The Beckoning Silence. Climber Joe Simpson revisits the North Face of the Eiger. 10.35 Russell Brand's Ponderland. (T) 11.05 Comedy Lab: Karl Pilkington - Satisfied Fool. (T) 11.40 FILM: Being John Malkovich (1999). Fantasy comedy, starring John Cusack. 1.50 FILM: Series 7: The Contenders (2001). Premiere. Violent satire, starring Brooke Smith. (T) 3.30 Triathlon: Ironman UK. (R) 3.55 Adrenalin Rush. (R) 4.25 4Music: MobileAct Unsigned. (R) (T) 5.25 Headland. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Ebb and Flo. (R) (T) 6.45 Funky Valley. (R) (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (R) (T) 7.20 Rupert Bear. (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Joey. (R) (T) 1.00 Joey. (R) (T) 1.20 Russell Grant's Postcards. (R) (T) 1.35 FILM: A Change of Place (1994). Glamorous drama, with Andrea Roth. (T) 3.35 five news update. (T) 3.40 FILM: Hostile Advances: The Kerry Ellison Story (1996). Fact-based drama, starring Rena Sofer. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Zoo Days. (T) 7.00 five news. (T) 7.30 Human Guinea Pigs. New series. Five friends help to resolve trivial scientific conundrums; (T) 7.30 five news update. 8.00 Fifth Gear. The Ferrari 430 Scuderia is tested. Last in series; (T) 8.00 five news at 9. 9.00 Banged Up Abroad. Four friends who were caught smuggling gold. (T) 10.00 FILM: Navy Seals (1990). Charlie Sheen and Michael Biehn lead the US Navy's elite commando force on a covert mission to recover stolen missiles from Beirut. Gripping action adventure, with Bill Paxton. (T) 12.10 Disorderly Conduct. (R) (T) 1.10 NFL Live. Jacksonville Jaguars v Indianapolis Colts (Kick-off 1.30am). 5.10 Nascar Nextel Cup.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1410 Prova de Amor 1415 Lingo 1530 Portugal no Coração 1800 Portugal em Directo 1900 Operação Triunfo 1900 O Preço Certo 1955 Direito de Antena 2000 Telesales 2100 Notas Soltas 2130 Sabe mais do que um Miúdo de 10 anos? 2230 Prós e Contras 0100 Captain Blood, film 0400 Telesales 0605 Nós

RTP2
0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Sim Amor 1600 Zig Zag 1700 National Geographic 1815 Diário de Sofia 1830 A Fé dos Homens 1900 Eurodeputados 1945 Zig Zag 2045 Todos Contra o Chris 2115 National Geographic 2145 A Hora da Sorte 2200 News 2240 Em Reportage, 2300 Roma 2345 Mundos 0030 noites da 2 0115 Discovery Hour 0215 Diga là Excelência 0300 Eurodeputados 0330 Vida por Vida 0400 Sociedade Civil 0615 Euronews

SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magia 1445 O Profeta 1515 Contacto 1800 Pé na Jaca 1900 Ganhar é Que se Gente Se Entende 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0130 Universal Soldiers Unifinnished Business, film 0315 Quando O Telefone Toca

TVI
0700 Diário da Manha 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganha 1800 Morangos com Açucar – Férias de Verão 2000 News 2115 Ilha dos Amores 2215 Doce Fugitiva 2315 Tu e Eu 0015 Desaparecido 0045 A Rede, film 0300 Toca a Ganhar 0430 Que Loucura de Familia VII 0500 Telesales

Best of the Rest

BBC3
7.00 Sound 7.30 Leave Us Kids Alone: Up Close and Personal 8.00 Lewis Hamilton: Billion Dollar Man 9.00 Little Britain 9.30 It's Adam and Shelley 10.00 EastEnders 10.30 Leave Us Kids Alone 11.25 Family Guy 11.50 Family Guy 12.10 Lewis Hamilton: Billion Dollar Man 1.05 It's Adam and Shelley 1.35 Leave Us Kids Alone 2.35 Leave Us Kids Alone: Up Close and Personal 3.05 Dog Borstal 4.05 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Ancient Secrets 7.40 Doctor Who 8.30 Sir Mortimer Wheeler: A Life in Ruins 9.00 Fanny Hill 10.00 Film: Joseph Andrews 15 (1977) 11.35 The Curse of Success: The Story of John Cleland 12.05 Fanny Hill 1.05 Daniel Libeskind - The Making of an Architect 2.35 The Curse of Success: The Story of John Cleland 3.05 Fanny Hill 4.05 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.10 Airline 5.40 Judge Judy 7.00 The New Adventures of Superman 8.00 Who Wants to Be a Millionaire? 9.00 Hell's Kitchen USA 10.00 Hell's Kitchen USA 11.00 Coronation Street 11.30 Coronation Street 12.00 Katie & Peter: Unleashed 1.00 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close

Sky One
1.00 Stargate SG-1 2.00 Stargate SG-1 3.00 Relic Hunter 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Ross Kemp on Gangs 10.00 Film: The Terminator 15 (1984) 12.00 Road Wars 1.00 Star Trek: Voyager 1.50 Star Trek: Voyager 2.40 Star Trek: Voyager 3.30 Star Trek: Voyager 4.20 Dream Team 5.10 Guilty!

UKTV Gold
1.20 My Family 2.00 My Hero 2.40 2point4 Children 3.20 Keeping Up Appearances 4.00 My Family 4.40 The Vicar of Dibley 5.20 Only Fools and Horses 6.00 Doctor Who 7.00 Film: Spy Kids U (2001) 8.35 My Family 9.15 My Family 9.55 My Family 10.25 One Foot in the Grave 11.05 The Royle Family 11.45 Film: Fist of Legend 18 (1994) 1.35 One Foot in the Grave 2.10 Comedy Connections 2.40 The Lenny Henry Show 3.10 The Bill 4.00 Icons 4.05 Casualty 4.55 Close Up 5.05 2point4 Children 5.35 Neighbours

TCM
1.00 Beau Brummell PG (1954) 3.00 High Society U (1956) 5.15 The Barretts of Wimpole Street PG (1957) 7.10 Catlow PG (1971) 9.00 Mad Max 2 18 (1981) 10.50 Point Blank 18 (1967) 12.30 Whose Life Is It Anyway? 15 (1981) 2.25 Teleshopping 2.55 Beau Brummell PG (1954)

The Disney Channel
Kids' programmes from 7am, except: 8.05 Film: High School Musical 2: Singalong U (2007) Comedy sequel, starring Zac Efron.

MOVIES

Sky Movies Drama

6.55 Kissed by an Angel PG (2000) 8.40 Columbo Cries Wolf PG (1990) 10.20 The Babe PG (1992) 12.15 The World's Fastest Indian 12 (2006) With Anthony Hopkins. 2.25 Columbo Cries Wolf PG (1990) With Peter Falk. 4.05 The Dark Is Rising Special 4.20 Falsely Accused PG (1993) With Lisa Hartman Black. 6.00 The Babe PG (1992) With John Goodman. 8.00 The World's Fastest Indian 12 (2006) With Anthony Hopkins. 10.10 Green Street 18 (2004) With Elijah Wood. 12.05 Salvador 18 (1986) With James Woods. 2.10 My Kingdom 18 (2001) With Richard Harris. 4.10 Kissed by an Angel PG (2000)

Sky Movies Comedy

6.40 His and Her Christmas PG (2005) 8.10 Comedy Close Up 8.40 Wedding Crashers 15 (2005) 10.45 One Fine Day PG (1996) 12.45 Bring It On: All or Nothing 12 (2006) With Hayden Panettiere. 2.45 The Most Fertile Man in Ireland 15 (2000) With Kris Marshall. 4.30 Beavis and Butt-Head Do America 12 (1996) With Mike Judge. 6.00 One Fine Day PG (1996) With George Clooney. 8.00 Wedding Crashers 15 (2005) With Owen Wilson. 10.00 Bring It On: All or Nothing 12 (2006) With Hayden Panettiere. 11.45 The Most Fertile Man in Ireland 15 (2000) With Kris Marshall. 1.25 Beavis and Butt-Head Do America 12 (1996) With Mike Judge. 2.50 Private Parts 18 (1997) With Howard Stern. 4.45 His and Her Christmas PG (2005)

Sky Movies Action

6.00 In the Line of Duty: Siege at Marion PG (1992) 7.35 Magic Kid PG (1994) 9.10 Pacific Heights 15 (1990) 10.55 Shadow Conspiracy 15 (1997) 12.40 In the Line of Duty: Siege at Marion PG (1992) With Ed Begley Jnr. 2.15 Stardust Special 2.35 Magic Kid PG (1994) With Stephen Furst. 4.10 Action & Thriller Close Up 4.40 Speed 2: Cruise Control PG (1997) With Sandra Bullock. 7.00 Shadow Conspiracy 15 (1997) With Charlie Sheen. 9.00 16 Blocks 12 (2006) With Bruce Willis. 10.45 Speed 2: Cruise Control PG (1997) With Sandra Bullock. 12.55 Mississippi Burning 18 (1988) With Gene Hackman. 3.05 Hard Men 18 (1996) 4.45 In the Line of Duty: Siege at Marion PG (1992)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcasting stereo;
(bw) - black and white.

SPORT

Sky Sports 1

6.00 ASP Surfing 7.00 WWE: Bottom Line 8.00 Football Special 9.30 Super Sunday: The Last Word 10.00 Spanish Football 12.00 Champions League Weekly 12.30 Football Special 2.00 Super Sunday: The Last Word 2.30 Spanish Football 4.30 Champions League Weekly 5.00 Soccer AM: The Best Bits 6.00 Big League Weekend 7.30 Monday Night Live. Hull City v Barnsley (Kick-off 7.45pm). 10.00 Big League Weekend 11.30 Soccer AM: The Best Bits 12.30 Champions League Weekly 1.00 Wild Spirits 1.30 Live NFL. Jacksonville Jaguars v Indianapolis Colts (Kick-off 1.30am). 5.00 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline 7.00 Powerboating 8.00 UK Strongest Man 9.00 Tennis 11.30 NFL: Triple Header 2.30 Max Power 3.30 Golf Night 6.00 Adrenaline 6.30 Wild Spirits 7.00 NFL: Triple Header 10.00 Wild Spirits 10.30 Max Power 11.30 Moto Plus 12.00 Adrenaline 12.30 UK Strongest Man 1.30 Big League Weekend 3.00 Adrenaline 3.30 Wild Spirits 4.00 Close

Sky Sports 3

8.00 Masters Football 11.00 Aerobics Oz Style 11.30 Racing News 12.00 UK Strongest Man 1.00 Rugby Union 3.00 Powerboating 4.00 UK Strongest Man 5.00 WWE: Raw 7.00 UK Strongest Man 8.00 Cricket 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 12.00 Extreme Championship Wrestling 1.00 WWE: Heat 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Close

British Eurosport

7.30 Motorsports Weekend 8.00 MotoGP 9.00 Supermoto 10.00 Champ Car 11.00 euroCRASH! 11.15 WTA Tennis 12.45 World Rally Championship 1.45 MotoGP 3.00 WTA Tennis 4.00 Strongest Man 5.00 Eurogoals 6.00 Inside Euro 2008 6.30 euroCRASH! 7.00 MotoGP 9.00 World Superbikes 10.30 Motorsports Weekend 11.00 Eurogoals 12.00 Eurosport Buzz 12.30 Close

Sky Sports Xtra

7.30 Golf Night 10.00 Ten Pin Bowling 1.00 Cricket 3.00 Ten Pin Bowling 6.00 Seamaster Sailing 6.30 Powerboating 7.30 World Motor Sport 10.00 Masters Football 1.00 Surfing 2.00 World Motor Sport 4.30 Close

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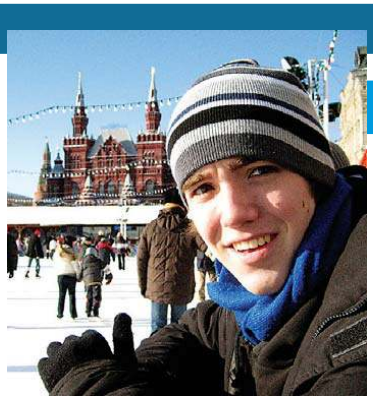
BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Live; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Car Booty; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Dirty Rotten Cheater. (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Arthur. (R) (T) 3.50 The Cramp Twins. (R) (T) 4.00 Raven: The Secret Temple. (R) (T) 4.30 Prank Patrol. (T) 5.00 Blue Peter. (T) 5.25 Newsround. (T)

5.35 Neighbours. Oliver continues to search for his real father. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 EastEnders. Peggy's situation worsens as Ronnie begins to suspect her story and Sean goes back on their deal. Rachel's presence is takes its toll on Tanya and Max's relationship. Jase does all he can to avoid the temptations of his old life, and Heather is still in hot pursuit of Garry. (T)
8.00 Holby City. Clifford is forced to choose between the women in his life and understand the consequences of his actions, while at the same time coping with a medical dilemma related to a face from his past. Meanwhile, Elliot struggles to deal with the revelations about James' drug addiction. Medical drama starring Peter Wingfield and Paul Bradley. (T)
9.00 Spooks. With Britain on the verge of a plague epidemic, the team must find a vaccine fast. To that end, Harry orders the interrogation of spies from all nations likely to have it - a task he hands over to a trusted former colleague, Connie James. Each of the detainees is exposed to the virus - a tactic that helps them locate Zaf, and leads directly to secrets about the government's relationship with Russia. (T)
10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 Imagine. New series. Alan Yentob meets Henry Perkins, an acclaimed British ballet dancer and only the second boy from this nation to be invited to train with the elite Bolshoi Ballet in Moscow in 230 years. He took up the opportunity in 2006, and now aged 15 describes the gruelling regimen taking place 1,500 miles from his Hampshire home. (T)
11.15 Film 2007 with Jonathan Ross. Featuring David Cronenberg's London-based thriller Eastern Promises and Michael Moore's documentary Sicko, in which he sets out to expose the problems in the American health care industry. Plus, a look at the life of a script writer in the Hollywood movie-making machine. (T)
11.45 FILM: The Long Riders (1980). Western, starring Keith Carradine; (T) Weatherview.
1.25 Sign Zone: See Hear. (R) (T) 1.55 Sign Zone: Mountain. (R) (T) 2.55 Sign Zone: Great British Journeys. (R) (T) 3.55 Sign Zone: Kitchen Criminals. 4.25 BBC News 24. (T)



Pick of the Day

Imagine (BBC1, 10.35pm)
When the BBC's much-loved arts strand Omnibus was axed a few years ago, host Alan Yentob filled the gap with this impressive series. "The brief for Imagine is simple," he explained in 2003. "To be bold. To address a diverse range of subjects with intelligence and flair. We aim to be inclusive but we hope to inspire and surprise too." Four years on, and the series is still fulfilling that brief admirably. This year alone we have enjoyed a clutch of unforgettable documentaries, including fascinating profiles of Gilbert and George, Gustav Klimt, Surrealism, Damon Albarn and Jamie Hewlett. Now here's another gripping slice of real-life, which makes the plot of Billy Elliot sound dull by comparison. Say hello to Harry Perkins, a dancer in a league of his own. While there are many nimble-footed British 15-year-olds, few have managed to match his historical achievement. Last year, Harry became only the second Brit in the past 230 years to join Moscow's prestigious Bolshoi Ballet. Here, Alan meets the teenager, who describes the painstaking training taking place 1,500 miles from his Hampshire home.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (R) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Britain's Best Dish. Ed Baines, Jilly Goolden and John Burton Race offer culinary tips to the three finalists competing in Britain's Best Starter category before they judge who will be the worthy winner. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Val lures Pollard to the countryside to exact her revenge on him for lying - leaving him stranded and forcing him to walk back to the village. Chas begs Katie to withdraw her offer to Perdy and Gray and, feeling unsupported by Zak, Sam looks for help in his quest to leave home. (T)
7.30 Live UEFA Champions League. Dynamo Kiev v Manchester United (Kick-off 7.45pm). Steve Rider is joined by Andy Townsend for this evening's Group F encounter at the Lobanovsky Dynamo Stadium. (T)
10.00 Tarrant on TV. Chris Tarrant presents a tongue-in-cheek overview of global television. (R) (T)
10.30 ITV News; Weather. (T)
11.05 UEFA Champions League Highlights. Jim Rosenthal introduces action from this evening's matchday three fixtures, including Dynamo Kiev v Manchester United, Rangers v Barcelona and Arsenal v Slavia Prague. United, Rangers and Arsenal all have two victories under their belts coming into these fixtures and can almost seal a place in the last 16 by taking maximum points for a third successive game. Commentary by Clive Tyldesley, Peter Drury and John Rawling, with reports from Dave Beckett and Trevor Harris. (T)
12.05 Make Your Play; (T) ITV News Headlines. 4.10 Quincy ME. (R) (T) 5.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Boogie Beebies. (R) (T) 6.55 Storytime with Roly Mo. (R) (T) 7.00 In the Night Garden. (R) (T) 7.30 Bob the Builder: Project Build It. (T) 7.40 Finley the Fire Engine; (T) Mr Tumble. (T) 8.00 CBBC: Roar. (T) 9.00 Best of Friends. (R) (T) 9.25 Beat the Boss. (R) (T) 9.55 What's New Scooby-Doo? (R) (T) 10.15 Mona the Vampire. (R) (T) 10.30 The Basil Brush Show. (R) (T) 10.55 Thumb Wrestling Federation: TWF. (R) (T) 11.00 Dangermouse. (R) (T) 11.10 The Munsters. (R) (T) (bw) 11.35 Top Cat. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 FILM: Mrs Caldicot's Cabbage War (2000). Premiere. Comedy, starring Pauline Collins. (T) 2.45 Escape to the Country. (R) (T) 3.15 Open Gardens. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Weakest Link. (R) (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Dragons' Den. Innovations pitched to the dragons include a device to de-tangle hair, a bath towel for babies and an enterprise offering bat dung as a fertiliser for gardeners. (R) (T) 8.00 Oz and James's Big Wine Adventure. Oz Clarke takes James May into Californian outlaw country. (T) 8.30 Heston Blumenthal: In Search of Perfection. The chef applies his unique approach to the hamburger. (T) 9.00 Classical Star. The nine remaining candidates must face their fears. (T) 10.00 The Grumpy Guide to Money. (T) 10.30 Newsnight; Weather. (T) 11.20 The Beatles in Help! (T) 11.50 The Extraordinary Equiano: BBC Four on BBC Two. (T) 12.50 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Frasier. (R) (T) 10.00 FILM: I Could Go On Singing (1963). Musical drama, starring Judy Garland. (T) 11.50 Supporting Acts. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.30 FILM: Geronimo (1962). Western, starring Chuck Connors. (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Are You Sitting Comfortably? Adding an ending to a Nick Hornby short story. (T) 8.00 Jamie at Home. The chef serves up homegrown winter salad dishes, including a bagna cauda, a herb omelette and a Japanese-style tuna sashimi with sprouting herb salad and dressing. Last in series. (T) 8.30 The Wild Gourmets. Cooking Scottish seafood and venison. Last in series. (T) 9.00 Last Chance Kids. New series. A school's efforts to eradicate illiteracy. Continues tomorrow. (T) 10.00 Brat Camp: Mums and Daughters. New series. A parent and child are given wilderness therapy. (T) 11.05 Russell Brand's Ponderland. (T) 11.35 Comedy Lab: Documental. (T) 12.05 The Fanbanta Football Show. 12.40 UK Poker Tour. 1.45 Urban Beach Tour. 2.15 Red Bull Air Race 2007. (R) (T) 3.15 KOTV. (T) 3.40 Turbo Tennis. (R)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) .10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Ebb and Flo. (R) (T) 6.45 Funky Valley. (R) (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (R) (T) 7.20 Rupert Bear. (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Joey. (R) (T) 1.00 Joey. (R) (T) 1.20 FILM: Sophia Loren: Her Own Story (1980). Autobiographical drama. 4.00 FILM: The Six Million Dollar Man (1973). Sci-fi adventure, starring Lee Majors. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Zoo Days. (T) 7.00 five news. (T) 7.30 Chris Barrie's Massive Engines. The development of truck engines; (R) (T) 7.30 five news update. 8.00 The Family That Defied Hitler: Revealed. The story of one Jewish family's survival against the odds; (T) 8.00 five news at 9. 9.00 CSI: Miami. Delko is rushed to hospital. (T) 10.00 CSI: NY. The team discover a secret college society may be linked to the death of a student, while Angell and Danny try to find the murderer of a security guard. Nelly Furtado guest stars. (R) (T) 11.00 Law & Order: Criminal Intent. (R) (T) 12.00 Urban Legends. (T) 12.30 US PGA Golf. 1.20 Football Italiano. 2.50 French Football - Le Championnat. 3.40 European Drag Racing. 4.05 Boxing USA. 4.45 Boxing Classic. 5.10 Motorsport Mundial.

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LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegira 1300 News 1410 Prova de Amor 1435 Lingo 1530 Portugal No Coração 1745 Operação Triunfo 1800 Football: Montenegro V Portugal 2000 Telesales 2100 A Guerra 2200 Sabe mais do que um Miúdo de 10 Anos? 2300 Dresden 0045 Câmara Café 0145 Palavras pra Quê 0215 Trio D Ataque 0415 Telesales 0605 Nós
RTP2
0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Sim, Amor 1600 Zig Zag 1700 National Geographic 1815 Diário de Sofia 1830 A fé Dos Homens 1900 2010 1945 Zig Zag 2045 Todos Contas o Chris 2115 National Geographic 2200 News 2240 ER 2330 Animais Como nòs 0030 Noites da 2 0115 Discovery Hour 0215 Câmara Clara 0315 2010 0400 Sociedade Civil 0615 Euronews
SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contacto 1800 Pé na Jaca 1900 Ganhar é Que se Gente Se Entende 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0015 Desperate Housewives 0215 Sex and the City 0330 Olhar da Serpente
TVI
0700 Diario Da Manha 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganha 1800 Morangos com Açucar 2000 News 2115 Olha dos Amores 2215 Doce Fugitiva 2315 Tu e Eu 0015 Twins, film

Best of the Rest

BBC3
7.00 The Most Annoying Pop Moments - We Hate to Love 8.00 Dog Borstal 9.00 Honour Kills 10.00 EastEnders 10.30 Spooks 11.30 Drop Dead Gorgeous 12.30 The Most Annoying Pop Moments - We Hate to Love 1.25 Dog Borstal 2.25 Honour Kills 3.20 Drop Dead Gorgeous 4.20 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Pop Goes the 60s 7.35 Batman 8.00 Legends: Al Bowlly - The Very Thought of You 9.00 Ripping Yarns 9.30 Flight of the Conchords 10.00 Charlie Brooker's Screenwipe 10.30 Storyville: New York Doll 11.45 Film: Gimme Shelter 15 (1970) 1.20 Charlie Brooker's Screenwipe 1.50 Legends: Al Bowlly - The Very Thought of You 2.50 New York Doll: Storyville 4.05 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.10 Airline 5.40 Judge Judy 7.00 Streetmate 8.00 Superhuman: Giants 9.00 Ghosthunting with McFly 11.00 Secret Diary of a Call Girl 11.30 Entourage 12.00 Film: The Beach 15 (1999) 2.15 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close
Sky One
1.00 Stargate SG-1 2.00 Stargate SG-1 3.00 Relic Hunter 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Stargate Atlantis 9.00 A Town Called Eureka 10.00 Road Wars 11.00 Ross Kemp on Gangs 12.00 Street Wars 1.00 Star Trek: Voyager 1.50 Star Trek: Voyager 2.40 Star Trek: Voyager 3.30 Star Trek: Voyager 4.20 Dream Team 5.10 Guilty!
UKTV Gold
1.30 My Family 2.10 My Hero 2.50 2point4 Children 3.30 Keeping Up Appearances 4.10 My Family 4.50 The Vicar of Dibley 5.30 Only Fools and Horses 6.10 Doctor Who 7.10 Film: Babe U (1995) 9.00 Who Do You Think You Are? 10.00 New Tricks 11.50 Film: The Legend 15 (1993) 1.30 The Royle Family 2.05 Comedy Connections 2.35 The Lenny Henry Show 3.05 The Bill 3.55 Casualty 4.45 The New Adventures of Old Christine 5.10 The New Adventures of Old Christine 5.35 Neighbours
TCM
1.00 The Fighting 69th U (1940) 3.00 Three Godfathers U (1948) 5.00 The Time Machine PG (1960) 7.15 Escape from Fort Bravo U (1953) 9.00 Amores Perros 18 (2000) 11.55 Cat on a Hot Tin Roof PG (1958) 2.00 Teleshopping 2.25 The Fixer 15 (1968)
The Disney Channel
Kids' programmes from 7am, except: 8.05 Film: Cheetah Girls 2: Sing-Along U (2006) Drama, starring Raven-Symone.

MOVIES

Sky Movies Drama

6.00 Ice Bound PG (2003) 7.35 Role of a Lifetime PG (2001) 9.20 Drama Close Up 9.50 Columbo: The Murder of a Rock Star PG (1991) 11.30 Amber Frey: Witness for the Prosecution PG (2005) With Janel Moloney. 1.00 Ice Bound PG (2003) With Susan Sarandon. 2.40 Columbo: The Murder of a Rock Star PG (1991) With Peter Falk. 4.20 Volver: The Making Of 4.40 Role of a Lifetime PG (2001) With Scott Bakula. 6.25 Amber Frey: Witness for the Prosecution PG (2005) With Janel Moloney. 8.00 Jarhead 15 (2005) With Jake Gyllenhaal. 10.05 McVicar 18 (1980) With Roger Daltrey. 12.00 Brokeback Mountain 15 (2005) With Heath Ledger. 2.25 The Tie That Binds 18 (1995) With Daryl Hannah. 4.15 Ice Bound PG (2003)

Sky Movies Comedy

6.30 The Party PG (1968) 8.15 Boys Klub PG (2001) 10.00 Nina's Heavenly Delights PG (2006) 11.40 She's the Man 12 (2006) With Amanda Bynes. 1.30 Deuce Bigalow: European Gigolo 15 (2005) With Rob Schneider. 3.00 Just Friends 12 (2005) With Ryan Reynolds. 4.40 Love at First Bite 15 (1979) With George Hamilton. 6.20 Nina's Heavenly Delights PG (2006) With Shelley Conn. 8.00 She's the Man 12 (2006) With Amanda Bynes. 10.00 Just Friends 12 (2005) With Ryan Reynolds. 11.40 Deuce Bigalow: European Gigolo 15 (2005) With Rob Schneider. 1.10 The Party PG (1968) With Peter Sellers. 2.55 Love at First Bite 15 (1979) With George Hamilton. 4.35 Boys Klub PG (2001)

Sky Movies Action

6.30 In the Line of Duty: Smoke Jumpers PG (1996) 8.15 Down 'n Dirty 15 (2000) 10.10 Revolver 15 (2005) 12.10 Breakdown 15 (1997) With Kurt Russell. 2.00 Down 'n Dirty 15 (2000) With Fred Williamson. 3.55 The Dark Is Rising Special 4.15 Munich 15 (2005) With Eric Bana. 7.00 Revolver 15 (2005) With Jason Statham. 9.00 Breakdown 15 (1997) With Kurt Russell. 10.40 Munich 15 (2005) With Eric Bana. 1.25 Inferno 18 (1999) With Jean-Claude Van Damme. 3.05 The Passion of Darkly Noon 18 (1995) 4.50 In the Line of Duty: Smoke Jumpers PG (1996)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

SPORT

Sky Sports 1

6.00 Soccer AM: The Best Bits 7.00 WWE: Afterburn 8.00 Big League Weekend 9.30 UEFA Champions League 10.00 UEFA Champions League 10.30 UEFA Champions League 11.00 UEFA Champions League 11.30 UEFA Champions League 12.00 UEFA Champions League 12.30 Wild Spirits 1.00 UEFA Champions League 1.30 UEFA Champions League 2.00 UEFA Champions League 2.30 UEFA Champions League 3.00 UEFA Champions League 3.30 UEFA Champions League 4.00 UEFA Champions League 4.30 UEFA Champions League 5.00 BMX Supercross 5.30 Foot Brazil 6.00 Revista De La Liga 7.00 Foot Brazil 7.30 Soccer Special 10.00 Revista De La Liga 11.00 A-League 11.30 Foot Brazil 12.00 Sports Unlimited 1.00 Revista De La Liga 2.00 A-League 2.30 Foot Brazil 3.00 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline 7.00 Aerobics Oz Style 7.30 Adrenaline 8.00 UK Strongest Man 9.00 Adrenaline 9.30 Soccer AM: The Best Bits 10.30 Wild Spirits 11.00 Big League Weekend 12.30 Soccer AM: The Best Bits 1.30 Seamaster Sailing 2.00 Squash 3.00 Squash 4.00 Soccer AM: The Best Bits 5.00 Live UEFA Champions League. CSKA Moscow v Inter Milan (Kick-off 5.30pm). 7.30 Live UEFA Champions League. Rangers v Barcelona (Kick-off 7.45pm). 10.30 Poker Million 12.30 UK Strongest Man 1.30 BMX Supercross 2.00 Close

Sky Sports 3

8.00 Masters Football 11.00 Aerobics Oz Style 11.30 Racing News 12.00 UK Strongest Man 1.00 NFL: Total Access 2.00 NFL 4.00 UK Strongest Man 5.00 WWE: Smackdown 7.00 UK Strongest Man 8.00 Cricket 10.00 Rally Fever 11.00 NFL: Total Access 12.00 NFL 2.00 Close

British Eurosport

7.30 Eurosport Buzz 8.00 WTA Tennis 9.00 Supercross 10.00 Eurogoals 11.00 UEFA Champions League 12.00 WATTS 12.15 UEFA Champions League 1.15 Inside Euro 2008 1.45 UEFA Champions League 3.00 Live ATP Tennis. The Davidoff Swiss Indoors. 5.00 Eurogoals 5.15 Live ATP Tennis. The Davidoff Swiss Indoors. 6.45 Eurogoals 7.00 Strongest Man 7.45 Boxing 8.00 Boxing 10.00 MotoGP 11.00 Supercross 12.00 Porsche Super Cup 12.30 Close

Sky Sports Xtra

8.30 Squash 9.30 Squash 10.30 World Motor Sport 1.00 Cricket 3.00 Wild Spirits 3.30 BMX Supercross 4.00 Adrenaline 4.30 NFL: Total Access 5.30 NFL 7.30 Live UEFA Champions League. VfB Stuttgart v Lyon (Kick-off 7.45pm). Including the option of five other interactive games. 10.00 Masters Football 1.00 Adrenaline 1.30 Ginetta Championship 2.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Live; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Car Booty; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Dirty Rotten Cheater. (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Arthur. (R) (T) 3.50 The Cramp Twins. (R) (T) 4.00 Raven: The Secret Temple. (R) (T) 4.30 SMart. (T) 5.00 Blue Peter. (T) 5.25 Newsround. (T)

5.35 Neighbours. Toadie is arrested for drink-driving and is held responsible for Ringo being in a critical condition. Carmella promises Ringo she loves him, but later feels guilty about lying. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 Inside Out. Documentary series focusing on stories of interest to the region. (T)
8.00 Watchdog. Investigation show, exposing rogue traders and fighting for consumers' rights. With Nicky Campbell, Paul Heiney and Julia Bradbury. (T)
8.30 Rogue Traders. Matt Allwright and Dan Penteado expose untrustworthy emergency call out workers, including an electrician whose work is so dangerous it puts peoples' houses at risk of burning down. The pair also investigate an unscrupulous locksmith who pays more attention to money than customer satisfaction. (T)
9.00 Nature of Britain. Alan Titchmarsh reveals urban areas are the most productive places for wildlife in Britain. He observes otters and kittiwakes in Newcastle as well as robins and parakeets in London. The presenter also reveals how the red squirrels in Dundee are under threat from their larger North American grey cousin. (T)
10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 The National Lottery Draws. More fortunes are made as the balls are set rolling and the all-important results of the Thunderball, Lotto and Dream Number draws are revealed. (T)
10.40 One Life. A 25-year-old with arthrogryposis, a condition leaving him unable to move most of his body, plans a return visit to the brothel where he lost his virginity last year. This time he is accompanied by a blind man and a partially-paralysed victim of a motorbike accident looking for their first sexual experiences; (T) National Lottery Update.
11.30 FILM: The Last Shot (2004). Premiere. Crime comedy, starring Matthew Broderick; (T) Weatherview.
1.05 Sign Zone: Antiques Roadshow. (R) (T) 2.05 Sign Zone: The Truth About Property. (R) (T) 3.05 Sign Zone: Michael Palin's New Europe. (R) (T) 4.05 Sign Zone: Kitchen Criminals. (R) (T) 4.35 BBC News 24. (T)

Pick of the Day

Frankenstein (ITV1 Granada, 9pm)
Sorry gothic horror fans, there won't be any square-headed monsters with bolts through their necks, spooky castles or even hunchbacked laboratory assistants on view in this revamp of Mary Shelley's classic chiller. Instead, the usually dusty scientist is played by the rather photogenic Helen McCrory, in a project that promises to be far better than last Christmas's Dracula, the Beeb's lacklustre effort to breathe life into another horror tale. This version has been penned by none other than Jed Mercurio, the man behind Bodies, one of the best medical dramas for many a (full) moon. "It is a privilege to adapt an iconic classic and also to be given the opportunity to do so in the most original possible way," says Mercurio. McCrory plays Victoria, a top scientist embroiled in some controversial stem-cell research. She hopes her experiments will help find a cure for her ailing son William, but doesn't reckon on the scary outcome of her meddling with nature. "With the advances being made in modern science, Jed's adaptation of Mary Shelley's classic makes the impossible seem possible," says Sally Haynes, ITV1's deputy controller of drama. "And with the addition of a cast of this calibre, this re-working of Frankenstein is sure to both terrify and compel our audience." James Purefoy and Lindsay Duncan are among the supporting cast.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (R) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Britain's Best Dish. Judges Ed Baines, Jilly Goolden and John Burton Race decide which dish deserves the accolade of being named Best Main Course. Presented by Mark Nicholas. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Zak and Lisa give Sam their blessing, pleased to hear he has found somewhere to live. David is horrified to learn his dad and Val are back together again and Marlon is unhappy with wife Donna's growing closeness to Ross when she comforts him after his break-up with Kirsty. (T)
7.30 Coronation Street. Jason is released from hospital and confides in a horrified Gail that he suspects David of sabotage. Rosie hands in her notice at the factory and Violet becomes uneasy when Sean shows more than a passing interest in the baby at her 22-week scan. Elsewhere, Lloyd resolves to finally get his date with Jodie. (T)
8.00 The Bill. Part two of two. Schizophrenic Michael Simms threatens Shelley Cooper with a knife and when the woman is later killed, Neil orders CO19 to shoot him, assuming Simms is the culprit. In the subsequent inquiry by the Department of Professional Standards, the DI's judgement is called into question by his own superior officer and he faces the prospect that his career could be over. (T)
9.00 Frankenstein. One-off updated version of the horror classic, starring Helen McCrory as a scientist whose controversial work in the field of biotechnology has tragic consequences. Desperate to save her dying son, she takes samples of his blood and incorporates them into her research programme, the ominously named Universal Xenograft Project - only to unwittingly spawn a monster. With James Purefoy and Lindsay Duncan. (T)
10.30 ITV News; Weather. (T)
11.05 Best of Playlist. Jayne Middlemiss looks back over previous shows, presenting a selection of the stars' favourite tracks and special dedications. (T)
11.40 Ricky Hatton's Playlist. The boxer tells Jayne Middlemiss about his musical taste and chooses five tracks that represent the soundtrack of his life. (R) (T)
12.05 Make Your Play; (T) ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Boogie Beebies. (R) (T) 6.55 Storytime with Roly Mo. (T) 7.00 In the Night Garden. (R) (T) 7.30 Bob the Builder: Project Build It. (T) 7.40 Finley the Fire Engine; (T) Mr Tumble. 8.00 CBBC: Roar. (T) 9.00 Best of Friends. (R) (T) 9.25 Beat the Boss. (R) (T) 9.55 What's New Scooby-Doo? (R) (T) 10.15 Mona the Vampire. (R) (T) 10.30 Prank Patrol. (R) (T) 10.45 Family Xchange. (R) (T) 11.00 The Munsters. (R) (T) (bw) 11.25 Coast. (T) 11.30 The Daily Politics. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Lifeline. (R) (T) 2.10 What the Victorians Did for Us. (R) (T) 2.15 Escape to the Country. (R) (T) 3.15 Open Gardens. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Weakest Link. (R) (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Top Gear. Jeremy Clarkson, Richard Hammond and James May revisit their attempt to build amphibious cars and Jools Holland is the Star in a Reasonably Priced Car. (R) (T) 8.00 Ray Mears and Ewan McGregor: Extreme Jungle. Actor Ewan McGregor explores Honduras. (R) (T) 9.00 Heroes. Peter discovers he has been betrayed. (T) 9.45 Heroes Unmasked. Replicating locales worldwide. (T) 10.00 Kath & Kim. Kylie Minogue guest stars. Last in series. (T) 10.30 Newsnight; Weather. (T) 11.20 Electric Proms 2007: Lily Allen, Editors. (T) 11.50 FILM: Women Talking Dirty (1999). Drama, starring Helena Bonham Carter. (T) 1.25 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Frasier. (R) (T) 10.00 FILM: On the Town (1949). Classic musical, starring Gene Kelly and Frank Sinatra. (T) 11.45 Supporting Acts. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.30 3 Minute Wonder: 25 Years On - On the Phone. (R) (T) 1.35 FILM: The Count of Monte Cristo (1975). Swashbuckling adventure, starring Richard Chamberlain. (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Are You Sitting Comfortably? With Jilly Cooper. (T) 8.00 Selling Houses Abroad. Part one of two. Solving Britons' problems with their foreign properties. (T) 9.00 Last Chance Kids. Many of the pupils thrive under Ruth Miskin's phonics scheme and head teacher Lynna Thompson recruits poet Benjamin Zephaniah to inspire 10 of the school's most reluctant readers. (T) 10.00 Michael Jackson: What Really Happened. Reasons behind the pop star's apparent self-destruction. (T) 11.05 Russell Brand's Ponderland. (T) 11.40 Comedy Lab: Ain't It Funny Being Coloured. (T) 12.10 Studio 60 on the Sunset Strip. (T) 1.10 Studio 60 on the Sunset Strip. (T) 2.10 Your Face or Mine? (R) (T) 2.35 4Music: Transmission. (R) (T) 3.35 Wild Things. (R) (T) 4.20 3 Minute Wonder: The Season. (R) (T) 4.25 Headland. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Ebb and Flo. (R) (T) 6.45 Funky Valley. (R) (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (R) (T) 7.20 Rupert Bear. (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Joey. (R) (T) 1.00 Joey. (R) (T) 1.25 FILM: Sherlock Holmes Returns (1993). Offbeat crime adventure, starring Anthony Higgins. 3.25 five news update. (T) 3.30 FILM: The Hound of the Baskervilles (1983). Classic murder mystery, starring Ian Richardson. (T) 5.30 five news. (T) 6.00 Home and Away. (T) 6.30 Zoo Days. (T) 7.00 five news. (T) 7.30 David Beckham's Soccer USA. An inside look at Major League Soccer; (T) 7.30 five news update. 8.00 My Body Hell. Women's issues with their size. Last in series; (T) 8.00 five news at 9. 9.00 How to Have Sex After Marriage. A couple who are struggling to communicate. (T) 10.00 FILM: Sudden Impact (1983). "Dirty" Harry Callahan (Clint Eastwood) returns from enforced leave to track down a vicious murderer - but a shock awaits him. Thriller, also starring Sondra Locke. (T) 12.25 Muhammad Ali Special: The Thriller in Manila. (R) 12.55 Major League Baseball. 4.25 Boxing USA. 5.15 Football Argentina.

LOCAL

RTP1
0630 Bom dia Portugal 1000 Praça da Alegria 1300 News 1410 Prova de Amor 1500 Football: Cazaquistão V Portugal 1700 Lingo 1800 Portugal em Directo 1900 Operação Triunfo 1905 O Preço Certo 1955 Direito de Antena 2000 News 2100 Em Reportagem 2130 Sabe mais do que um Miudo de 10 anos? 2230 Dresden 0000 Câmara Café 0100 Palavras para Quê... 0130 Captains of the Clouds, film 0400 Telesales 0605 Nós
RTP2
0700 euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Sim, Amor 1600 Zig Zag 1700 National Geographic 1815 Diário de Sofia 1830 a Fé dos Homens 1900 Biosfere 1945 Zig Zag 2045 Todos Contra o Chris 2115 national Geographic 2200 News 2240 24 2315 Bastidores 2330 Clube de Jornalistas 0030 Noites da 2 0115 Discovery Hour 0215 Consigo 0245 Bastidores 0315 Biosfera 0400 Soceidade Civil 0600 Euronews
SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contacto 1800 Pé na Jaca 1900 Ganhar é Que se Gente Se Entende 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0045 One night with The President, film 0215 Sex and the City 0330 Olhar da Serpente
TVI
0700 Diario Da Manha 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Que Quer Ganha 1800 Morangos com Açucar – Férias de Verão 2000 News 2115 Ilha dos Amores 2215 Doce Fugitiva 2315 Tu e Eu 0015 The Silence of the Lambs, film 0230 Toca a Ganhar 0345 TVI Negocios 0400 O Portector IV 0500 Telesakes

Best of the Rest

BBC3
7.00 Spendaholics 7.30 Leave Us Kids Alone: Up Close and Personal 8.00 What Not to Wear 9.00 Honour Kills 10.00 Heroes 10.45 Leave Us Kids Alone 11.45 The 34-Stone Teenager: Six Months On 12.45 Honour Kills 1.40 Spendaholics 2.10 Leave Us Kids Alone 3.05 Leave Us Kids Alone: Up Close and Personal 3.35 The 34-Stone Teenager: Six Months On 4.35 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Pop Goes the 60s 7.35 Batman 8.00 Michael Palin's New Europe 9.00 The Age of Excess: When Britain Went Too Far 10.00 Nature of Britain: A User's Guide 11.00 Fanny Hill 12.00 The Secret Life of the Motorway 1.00 The Secret Life of the Motorway 2.00 The Secret Life of the Motorway 3.00 Nature of Britain: A User's Guide 4.00 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.10 Airline 5.40 Judge Judy 7.00 The New Adventures of Superman 8.00 Hell's Kitchen USA 9.00 Hell's Kitchen USA 10.00 Film: The Beach 15 (1999) 12.15 Coronation Street 12.45 Katy Brand's Big Ass Show 1.15 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close
Sky One
1.00 Stargate SG-1 2.00 Stargate SG-1 3.00 Relic Hunter 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 Live UEFA Champions League 10.00 Jose Mourinho: The Special One? 11.00 Ross Kemp on Gangs 12.00 Road Wars 1.00 Street Wars 1.50 Star Trek: Voyager 2.40 Star Trek: Voyager 3.30 Star Trek: Voyager 4.20 Star Trek: Voyager 5.10 Dream Team
UKTV Gold
1.20 My Family 2.00 My Hero 2.40 2point4 Children 3.20 Keeping Up Appearances 4.00 My Family 4.40 The Vicar of Dibley 5.20 Only Fools and Horses 6.00 Doctor Who 7.00 Film: Cool Runnings PG (1993) 9.00 New Tricks 10.00 Shark 11.00 The Royle Family 11.40 Film: The Legend 2 15 (1993) 1.20 The Royle Family 2.30 The Lenny Henry Show 3.00 Icons 3.05 The Bill 3.55 Casualty 4.45 The New Adventures of Old Christine 5.10 The New Adventures of Old Christine 5.35 Neighbours
TCM
1.00 The Big Sleep PG (1946) 3.00 Penelope U (1966) 4.45 Bachelor in Paradise PG (1961) 6.45 Northwest Passage PG (1940) 9.00 Point of No Return 18 (1993) 11.00 Bonnie and Clyde 18 (1967) 1.05 The Carey Treatment 15 (1972) 2.45 Teleshopping 3.10 Bachelor in Paradise PG (1961)
The Disney Channel
Kids' programmes from 7am, except: 8.05 Film: Pixel Perfect PG (2004) Family comedy, starring Ricky Ullman.

MOVIES

Sky Movies Drama

6.00 One Special Night PG (1999) 7.45 Desperate Justice PG (1993) 9.30 Columbo: Agenda for Murder PG (1990) 11.15 Just Like Heaven PG (2005) With Reese Witherspoon. 1.00 Force of Impact PG (2005) With Antonio Sabato Jnr. 2.40 Columbo: Agenda for Murder PG (1990) With Peter Falk. 4.20 Desperate Justice PG (1993) With Lesley Ann Warren. 5.55 Drama Close Up 6.25 Force of Impact PG (2005) With Antonio Sabato Jnr. 8.00 Just Like Heaven PG (2005) With Reese Witherspoon. 9.40 Volver: The Making Of 10.00 Dark Water 15 (2005) With Jennifer Connelly. 11.50 The Butcher's Wife 15 (1991) With Demi Moore. 1.45 Sunday, Bloody Sunday 15 (1971) With Glenda Jackson. 3.45 Stolen Youth 12 (1996) 5.15 One Special Night PG (1999)

Sky Movies Comedy

6.25 The Brady Bunch in the White House 12 (2002) 8.00 Home Team PG (1998) 9.35 Under Wraps PG (1997) 11.10 Shooting Fish 12 (1997) With Dan Futterman. 1.10 The Matador 15 (2005) With Pierce Brosnan. 3.00 Bad Santa 15 (2004) With Billy Bob Thornton. 4.45 Under Wraps PG (1997) With Adam Wylie. 6.20 The Brady Bunch in the White House 12 (2002) With Shelley Long. 8.00 The Matador 15 (2005) With Pierce Brosnan. 10.00 Bad Santa 15 (2004) With Billy Bob Thornton. 11.45 The Road to Wellville 18 (1994) With Anthony Hopkins. 1.50 Shooting Fish 12 (1997) With Dan Futterman. 3.50 Comedy Close Up 4.20 Home Team PG (1998)

Sky Movies Action

6.25 Mastermind PG (1976) 7.55 Dragon Dynasty 12 (2006) 9.30 King Kong 12 (2005) 12.35 No Way Out 15 (1987) With Kevin Costner. 2.35 Chill Factor 15 (1999) With Cuba Gooding Jnr. 4.20 Dragon Dynasty 12 (2006) With Federico Castelluccio. 5.55 King Kong 12 (2005) With Naomi Watts. 9.00 No Way Out 15 (1987) With Kevin Costner. 11.00 Black Rain 18 (1989) With Michael Douglas. 1.10 Turbulence 18 (1997) With Ray Liotta. 2.55 Doomsday Man 15 (1998) With Esai Morales. 4.35 Mastermind PG (1976)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

SPORT

Sky Sports 1

6.00 Revista De La Liga 7.00 WWE: Heat 8.00 Revista De La Liga 9.00 UEFA Champions League 9.30 UEFA Champions League 10.00 UEFA Champions League 10.30 UEFA Champions League 11.00 UEFA Champions League 11.30 UEFA Champions League 12.00 UEFA Champions League 12.30 UEFA Champions League 1.00 Revista De La Liga 6.00 Total Rugby 6.30 European Tour Weekly 7.00 FIFA Futbol Mundial 7.30 Soccer Special 10.00 You're on Sky Sports! 11.30 FIFA Futbol Mundial 12.00 European Tour Weekly 12.30 Challenge Tour Golf 1.00 Poker Million 3.00 You're on Sky Sports! 4.30 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline 7.00 Aerobics Oz Style 7.30 Adrenaline 8.00 UK Strongest Man 9.00 A-League 9.30 Foot Brazil 10.00 Poker Million 12.00 Foot Brazil 12.30 A-League 1.00 Poker Million 3.00 A-League 3.30 PGA EuroPro Tour Golf 5.30 Challenge Tour Golf 6.00 Live UEFA Champions League. Besiktas v Liverpool (Kick-off 7.45pm). 11.00 NFL: Total Access 12.00 UK Strongest Man 1.00 Watersports World 2.00 Max Power 3.00 Race World 4.00 Close

Sky Sports 3

7.00 Rally Fever 8.00 Masters Football 11.00 Aerobics Oz Style 11.30 Racing News 12.00 UK Strongest Man 1.00 NFL: Total Access 2.00 Adrenaline 2.30 Ginetta Championship 3.00 Sports Unlimited 4.00 UK Strongest Man 5.00 WWE: Afterburn 6.00 Irish Greyhound Racing 6.30 Carp Academy 2007 7.00 UK Strongest Man 8.00 Cricket 10.00 PGA EuroPro Tour Golf 12.00 Transworld Sport 1.00 Total Rugby 1.30 PGA EuroPro Tour Golf 3.30 Irish Greyhound Racing 4.00 Close

British Eurosport

7.30 Yoz Magazine 8.00 Champ Car 9.00 MotoGP 10.00 WATTS 10.30 Inside Euro 2008 11.00 ATP Tennis 12.00 WTA Tennis 1.00 Live WTA Tennis. The Generali Ladies Linz. 3.00 Live ATP Tennis. The Davidoff Swiss Indoors. 5.00 Eurogoals 5.15 Live ATP Tennis. The Davidoff Swiss Indoors. 6.45 Wednesday Selection 6.50 Show Jumping 7.50 Riders Club 7.55 Wednesday Selection 8.00 US Tour Golf 9.00 European Tour Golf 9.30 Golf Club 9.35 Sailing 10.05 Yacht Club 10.10 Wednesday Selection 10.15 Escape 10.45 Wrestling 11.30 UEFA Cup Football 12.30 Close

Sky Sports Xtra

9.00 Adrenaline 9.30 BMX Supercross 10.00 Sports Unlimited 11.00 Rally Fever 12.00 Seamaster Sailing 12.30 BMX Supercross 1.00 Cricket 3.00 Rally Fever 4.00 Adrenaline 4.30 Show Jumping 5.00 NFL: Total Access 6.00 A-League 6.30 Race World 7.30 Live UEFA Champions League. Benfica v Celtic (Kick-off 7.45pm). Including the option of seven other matches on the interactive service. 10.00 Masters Football 1.00 Carp Academy 2007 1.30 Show Jumping 2.00 Adrenaline 2.30 Carp Academy 2007 3.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Live; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Car Booty; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Dirty Rotten Cheater. (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Arthur. (R) (T) 3.50 The Cramp Twins. (R) (T) 4.00 Raven: The Secret Temple. (R) (T) 4.30 Best of Friends. (T) 5.00 Chute. (T) 5.25 Newsround. (T)

5.35 Neighbours. Frazer holds Carmella responsible for ruining Ringo's life, but Rosie leaps to the defence of her sister. Pepper comes up with a more drastic solution to Adam's immigration troubles. Harold puts his own happiness aside and advises Sky to move closer to Dylan, while Susan and Miranda's friendship continues to blossom. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 EastEnders. Rachel continues to irritate Tanya and Max during the pre-wedding lunch, then Dot receives bad news about Jim, bringing an end to the proceedings. Ronnie is shocked to see Damian return to the Vic, but Roxy tells her she invited him. Zainab gives Masood a hard time over the missing painting and Jase is tempted to return to his old ways. (T)
8.00 Waterloo Road. The fund-raising efforts of the girls' football team land the school and Jack in trouble, while Jasmine struggles to control her class and jeopardises the first match by putting half the team in detention. Donte plans an escape from the claustrophobic Grainger household with his new wife, but Chlo seems more interested in Brett. Drama, starring Jason Merrells, Shabana Bakhsh and Adam Thomas. (T)
9.00 Kidnapped: The Alan Johnston Story. (T)
10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 Question Time. (T)
11.35 This Week; (T) Weatherview.
12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: Who Do You Think You Are? (R) (T) 1.55 Sign Zone: Nigella Express. (R) (T) 2.25 Sign Zone: Kitchen Criminals. (R) (T) 2.55 BBC News 24. (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

Pick of the Day

The Peter Serafinowicz Show (BBC2, 9.30pm)
Emerging from the shadows of vague familiarity to some and memorable supporting performances to others, Peter Serafinowicz has stepped into the spotlight in this delightfully off-the-wall comedy sketch show, which - along with the Life and Times of Vivienne Vyle - is fast becoming a staple of Thursday night viewing. With such characters as the incompetent private investigator Brian Butterfield and robot chat-show host Michael-6 slowly entering the public consciousness, only time will tell if they become firmly rooted there. In tonight's episode, Miss Marple and Hercule Poirot share a chance encounter that leads them to realise they have more in common than their crime-solving capabilities. As romance blossoms, the couple find it difficult to keep their minds on the case and their hands off each other. Elsewhere, Serafinowicz unleashes the impressionist within as Ralph Fiennes teaches a group of drama class pupils how to learn their lines properly, and does his best to get invited to a student party, while Ringo Starr remembers the first time he heard the John Lennon song Imagine and Al Pacino unveils his plans for a stage musical version of the Godfather.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (R) (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Britain's Best Dish. Ed Baines, Jilly Goolden and John Burton Race taste the final three desserts, before awarding the title of Britain's Best Pudding to their favourite. Presented by Mark Nicholas. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Sam decides to have a housewarming party, but things quickly get out of hand leaving him wondering if he can make it on his own. Marlon accidentally shares his frustrations with the regulars of the Woolpack, leaving Donna less than amused. Jasmine delights at seeing her article published. (T)
7.30 Thames Wildlife Super Highway. Miranda Krestovnikoff examines the diversity of species that live along the river's banks between the Thames Barrier and Gravesend, including seals and moths. Last in series. (T)
8.00 The Bill. When Diane's neighbour is knocked unconscious with an iron, it looks as if his wife is escaping from an abusive marriage, but all is not as it seems. Meanwhile, Smithy and Nate answer a call from a man who has been sold fake raffle tickets, but the teenage mum accused of the crime impresses the coppers enough to earn a second chance to sort out her life. (T)
9.00 The Whistleblowers. Ben and Alisha are drawn into a political thriller as they witness first-hand the lengths to which the alcohol industry will go to secure one of their most profitable markets - the next generation of consumers. Drama, starring Richard Coyle and Indira Varma. (T)
10.00 Police, Camera, Action! Investigating the consequences of illegal car modifications, including fat exhausts, tinted windows and non-standard number plates. Plus, a look at the car rallies that cause mayhem across the UK. Alastair Stewart and Adrian Simpson present. (T)
10.30 ITV News; Weather. (T)
11.05 Frost Tonight. (T)
11.35 Q-Cars - Robbery Squad. The unmarked Metropolitan Police teams are involved in a high-speed chase through the streets of Tottenham, and help two young women who have been violently robbed. Plus, a routine car stop uncovers something very interesting in the boot. (R)
12.05 Make Your Play; (T) ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Boogie Beebies. (R) (T) 6.55 Storytime with Roly Mo. (T) 7.00 In the Night Garden. (T) 7.30 Bob the Builder: Project Build It. (T) 7.40 Finley the Fire Engine; (T) Mr Tumble. 8.00 CBBC: Roar. (T) 9.00 Best of Friends. (R) (T) 9.25 Beat the Boss. (R) (T) 9.55 What's New Scooby-Doo? (R) (T) 10.15 Mona the Vampire. (R) (T) 10.30 Arthur. (R) (T) 10.55 Thumb Wrestling Federation: TWF. (R) (T) 11.00 Dangermouse. (T) 11.10 The Munsters. (R) (T) (bw) 11.35 Top Cat. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 FILM: She (1965). Hammer adventure, starring Ursula Andress. (T) 2.45 Escape to the Country. (R) (T) 3.15 Open Gardens. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Weakest Link. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Coast. The team travel down the Scottish coast, journeying between Arran and Gretna. Along the way they visit the Ardeer dunes where Alfred Nobel built an explosives factory. (R) (T) 8.00 The Truth About Property. Andrew Verity investigates property as an investment. (T) 9.00 The Life and Times of Vivienne Vyle. Paul O'Grady and Fern Britton guest star. (T) 9.30 The Peter Serafinowicz Show. Miss Marple and Hercule Poirot team up to solve a murder. (T) 10.00 The Graham Norton Show. Josh Hartnett and Rufus Wainwright guest. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Electric Proms 2007: Paul McCartney. (T) 12.20 Heroes. (R) (T) 1.05 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

C4

6.00 Grabbit the Rabbit. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.25 Will & Grace. (R) (T) 8.50 Frasier. (R) (T) 9.20 Frasier. (R) (T) 9.50 FILM: Call Me Madam (1953). Musical, starring Ethel Merman. (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.30 The Grand: Checking Into History. (R) 1.50 FILM: The Man with One Red Shoe (1985). Comedy thriller, starring Tom Hanks. (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Are You Sitting Comfortably? With Martina Cole. (T) 8.00 Richard & Judy's Best Kids' Books. Previews of books for younger readers. (T) 9.00 Last Chance Kids. The pupils take part in a poetry competition. Last in series. (T) 10.00 Without a Trace. Jack and the team search for a distressed family man who was left emotionally and financially damaged by the ravages of Hurricane Katrina. Eriq La Salle guests. (T) 11.00 Russell Brand's Ponderland. (T) 11.30 Comedy Lab: The Smallest Game in Town. (T) 12.05 4Music: Ibiza Rocks. 12.40 4Music: Dubplate Drama. (T) 1.10 FILM: 2046 (2004). Premiere. Offbeat romance, starring Tony Leung Chiu-Wai. 3.30 Dispatches: Why Our Children Can't Read. (R) (T) 4.25 3 Minute Wonder: Behind the Hoodie. (R) (T) 4.30 Headland. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Ebb and Flo. (R) (T) 6.45 Funky Valley. (R) (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (R) (T) 7.20 Rupert Bear. (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Joey. (R) (T) 1.00 Joey. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.35 FILM: Perry Mason: The Case of the Shooting Star (1986). Mystery, starring Raymond Burr. (T) 3.35 five news update. (T) 3.40 FILM: Night of the Twisters (1996). Action thriller, starring John Schneider. (T) 5.30 five news. (T) 6.00 Home and Away. (T) 6.30 Zoo Days. (T) 7.00 five news. (T) 7.30 Live UEFA Cup Football. Everton v Larissa (Kick-off 8.00pm). This evening's match sees the Toffees get their Group A campaign under way against the Greek outfit at Goodison Park. (T) 10.00 Californication. Hank finds himself in jail after a fight with Todd Carr, who directed the film adaptation of his book. Comedy drama, starring David Duchovny. (T) 10.40 30 Rock. (T) 11.10 A Girl's Guide to 21st Century Sex. (R) (T) 12.00 Quiz Call. 12.55 Major League Baseball. 4.20 Dutch Football. 5.10 Football Argentina Highlights.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1410 Prova de Amor 1435 Lingo 1530 Portugal no Coração 1800 Portugal em Directo 1855 Operação Triuinfo 1910 O Preço Certo 2000 News 2100 Grande Entrevista 2145 Sabe Mais do que Um Miudo de 10 Anos? 2245 A Tempestade 0045 Câmara Café 0115 Palavras para Quê...? 0145 They Died with Their Boots on, film 0400 Telesales 0605 Nòs
RTP2
0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Sim Amor 1600 Zig Zag 1700 National Geographic 1815 Diário de Sofia 1830 A Fé dos Homens 1900 Iniciativa 1945 Zig Zag 2045 Todos Contra o Chris 2145 National Geographic 2200 News 2240 My Name is Earl 2330 Animais Como Nós 0030 Noites da 2 0130 Roma 0230 Iniciativa 0415 Sociedade Civil 0545 Euronews
SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contacto 1800 Pé na Jaca 1900 Ganhar é Que se Gente Se Entende 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0015 CSI New York 0115 CSI Las Vegas 0245 Sex in the City 0315 Film TBA
TVI
0700 Diario Da Manha 1000 Você na TV 1300 News 1400 Tarde de Julia 1700 Quem Quer Ganha 1800 Morangos Com Açucar 2000 News 2115 Ilha dos Amores 2215 Doce Fugitiva 2330 Tu e Eu 0100 Escritorio 0200 Cartaz das Artes 0230 Toca a Ganhar 0345 TVI Negocios 0400 Protector IV 0445 Telesales

Best of the Rest

BBC3
7.00 Spendaholics 7.30 Leave Us Kids Alone: Up Close and Personal 8.00 Dog Borstal 9.00 My Big Breasts and Me 10.00 EastEnders 10.30 Leave Us Kids Alone 11.30 My Big Breasts and Me 12.25 Dog Borstal 1.25 Spendaholics 1.55 Leave Us Kids Alone 2.55 Leave Us Kids Alon e: Up Close and Personal 3.25 Singing with the Enemy 4.25 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Doctors to Be: Twenty Years On 8.00 Francesco's Italy Top to Toe 9.00 The Genius of Photography 10.00 Chambre Hardman and the Lost City of Liverpool 10.30 The Late Edition 11.00 Party Animals 11.50 Doctors to Be: Twenty Years On 12.20 The Genius of Photography 1.20 The Age of Excess: When Britain Went Too Far 2.20 The Late Edition 2.50 The Genius of Photography 3.50 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.10 Airline 5.40 Judge Judy 7.00 The New Adventures of Superman 8.00 Streetmate 9.00 The Black Donnellys 10.00 Secret Diary of a Call Girl 10.30 Entourage 11.00 The Black Donnellys 12.00 Secret Diary of a Call Girl 12.30 Entourage 1.00 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close
Sky One
1.00 Stargate SG-1 2.00 Stargate SG-1 3.00 Relic Hunter 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Cirque - Backstage at the Big Top 8.30 The Simpsons 9.00 Film: A Perfect Murder 15 (1998) 11.00 Bones 12.00 Bones 1.00 Star Trek: Voyager 1.50 Star Trek: Voyager 2.40 Star Trek: Voyager 3.30 Star Trek: Voyager 4.20 Dream Team 5.10 Guilty!
UKTV Gold
1.35 My Family 2.15 My Hero 2.55 2point4 Children 3.35 Keeping Up Appearances 4.15 My Family 4.55 The Vicar of Dibley 5.35 Only Fools and Horses 6.15 Doctor Who 7.15 Film: Ace Ventura: When Nature Calls PG (1995) 9.00 The Vicar of Dibley's Greatest Moments 11.00 The Royle Family 11.40 The Royle Family 12.20 The Vicar of Dibley's Greatest Moments 2.20 Comedy Connections 2.50 The Lenny Henry Show 3.20 The Bill 4.10 Casualty 5.00 Close Up 5.10 The New Adventures of Old Christine 5.35 Neighbours
TCM
1.00 Dr Jekyll and Mr Hyde PG (1941) 3.00 Lust for Life PG (1956) 5.15 The Band Wagon U (1953) 7.20 The Honeymoon Machine PG (1961) 9.00 Presumed Innocent 18 (1990) 11.20 Wise Guys 15 (1986) 1.00 Children of the Damned 15 (1964) 2.30 Teleshopping 2.55 Bhowani Junction PG (1956)
The Disney Channel
Kids' programmes from 7am, except: 8.05 Film: High School Musical 2 U (2007) Comedy sequel, starring Zac Efron.

MOVIES

Sky Movies Drama

6.55 Long Road Home PG (1991) 8.45 Columbo Cries Wolf PG (1990) 10.35 A Walk in the Clouds PG (1995) 12.35 Ride to Freedom: The Rosa Parks Story PG (2001) With Angela Bassett. 2.35 Columbo Cries Wolf PG (1990) With Peter Falk. 4.25 Long Road Home PG (1991) With Mark Harmon. 6.05 A Walk in the Clouds PG (1995) With Keanu Reeves. 8.00 The Ice Storm 15 (1997) With Sigourney Weaver. 10.00 Ride to Freedom: The Rosa Parks Story PG (2001) With Angela Bassett. 11.40 Rent 12 (2005) With Rosario Dawson. 2.10 Noises Off 15 (1992) With Michael Caine. 4.10 Miracle on the 17th Green U (1999)

Sky Movies Comedy

6.00 Big Bully PG (1995) 7.35 Two Much PG (1996) 9.35 Saving Grace 15 (1999) 11.10 Scrooged PG (1988) With Bill Murray. 12.55 Never Been Kissed 12 (1999) With Drew Barrymore. 2.45 Big Bully PG (1995) With Rick Moranis. 4.20 Last Holiday 12 (2006) With Queen Latifah. 6.15 Scrooged PG (1988) With Bill Murray. 8.00 Never Been Kissed 12 (1999) With Drew Barrymore. 10.00 Last Holiday 12 (2006) With Queen Latifah. 11.55 Saving Grace 15 (1999) With Brenda Blethyn. 1.35 An Alan Smithee Film: Burn, Hollywood, Burn 12 (1997) With Eric Idle. 3.05 Kiss Me, Stupid PG (1964) 5.15 Two Much PG (1996)

Sky Movies Action

6.05 Volcano: Fire on the Mountain PG (1997) 7.50 Night Falls on Manhattan 15 (1997) 9.45 Fall into Darkness 15 (1996) 11.20 Run 15 (1990) With Patrick Dempsey. 12.55 Black Sunday 15 (1977) With Robert Shaw. 3.20 Night Falls on Manhattan 15 (1997) With Andy Garcia. 5.15 Run 15 (1990) With Patrick Dempsey. 6.50 The Game 15 (1997) With Michael Douglas. 9.00 Black Sunday 15 (1977) With Robert Shaw. 11.25 The Substitute 2: School's Out 18 (1998) With Treat Williams. 1.00 The Game 15 (1997) With Michael Douglas. 3.10 Fall into Darkness 15 (1996) 4.45 Volcano: Fire on the Mountain PG (1997)

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SPORT

Sky Sports 1

6.00 European Tour Weekly 6.30 Total Rugby 7.00 WWE: Experience 8.00 Transworld Sport 9.00 Total Rugby 9.30 FIFA Futbol Mundial 10.00 European Tour Weekly 10.30 Live European Tour Golf. The Mallorca Classic. 12.30 FIFA Futbol Mundial 1.00 Transworld Sport 2.00 Total Rugby 2.30 FIFA Futbol Mundial 3.00 Live European Tour Golf. The Mallorca Classic. 5.00 FIFA Futbol Mundial 5.30 The Rugby Club 7.00 Premier League World 7.30 Live Premier League Snooker. The seventh round of the season. 11.00 Premier League World 11.30 The Rugby Club 1.00 Premier League Snooker 4.30 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline 7.00 Aerobics Oz Style 7.30 Adrenaline 8.00 UK Strongest Man 9.00 Adrenaline 9.30 Challenge Tour Golf 10.00 Transworld Sport 11.00 Total Rugby 11.30 Ginetta Championship 12.00 Watersports World 1.00 Cricket 3.00 Transworld Sport 4.00 Race World 5.00 British Ice Hockey 7.30 Golf Night 9.30 FIA GT Championship 10.30 Sports Adventure 11.00 NFL: Total Access 12.00 UK Strongest Man 1.00 British Ice Hockey 3.30 Golf Night 5.30 Close

Sky Sports 3

6.00 Carp Academy 2007 6.30 Challenge Tour Golf 7.00 Watersports World 8.00 Masters Football 11.00 Aerobics Oz Style 11.30 Racing News 12.00 UK Strongest Man 1.00 NFL: Total Access 2.00 Adrenaline 2.30 Wild Spirits 3.00 Watersports World 4.00 UK Strongest Man 5.00 WWE: Heat 6.00 Adrenaline 6.30 ATP Tennis 7.00 UK Strongest Man 8.00 Cricket 10.00 WWE: Late Night - Raw 12.00 Extreme Championship Wrestling 1.00 Poker Week 1.30 Sports Adventure 2.00 FIA GT Championship 3.00 Poker Week 3.30 Close

British Eurosport

7.30 Escape 8.00 World Rally Championship 9.00 UEFA Cup Football 9.30 UEFA Cup Football 10.00 UEFA Cup Football 10.30 World Rally Championship 11.00 ATP Tennis 12.00 WTA Tennis 1.00 Live WTA Tennis. The Generali Ladies Linz. 3.00 Live ATP Tennis. The Davidoff Swiss Indoors. 5.00 Eurogoals 5.15 Live ATP Tennis. The Davidoff Swiss Indoors. 6.45 World Rally Championship 7.15 MotoGP 8.15 Boxing 10.00 UEFA Cup Football 11.00 UEFA Champions League 12.45 Close

Sky Sports Xtra

10.30 Irish Greyhound Racing 11.00 Carp Academy 2007 11.30 Show Jumping 12.00 Race World 1.00 European Tour Golf 3.00 Irish Greyhound Racing 3.30 Show Jumping 4.00 Adrenaline 4.30 Carp Academy 2007 5.00 NFL: Total Access 6.00 Aerobics Oz Style 6.30 Sports Adventure 7.00 FIA GT Championship 8.00 The Rugby Club 9.30 ATP Tennis 10.00 Masters Football 1.00 Adrenaline 1.30 ATP Tennis 2.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Live; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Car Booty; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Dirty Rotten Cheater. (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Arthur. (R) (T) 3.50 The Cramp Twins. (R) (T) 4.00 Raven: The Secret Temple; (R) (T) Thumb Wrestling Federation: TWF. (R) (T) 4.35 The Basil Brush Show. (T) 5.00 Trapped. (T) 5.25 Newsround. (T)

5.35 Neighbours. Sky prepares to leave Ramsay Street and her determination to change her life inspires Boyd to do the same. Carmella tries to tell Ringo she doesn't love him, but a health scare stops her doing so. Meanwhile, Paul urges Rebecca to tell Oliver the truth about his biological father and Miranda is hired by Harold to prepare Sky's leaving party. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 My Family. Susan embraces the spirit of Hallowe'en despite Ben's deliberate attempt to ignore the festivities. (R) (T)
8.00 EastEnders. Stacey and Max try to find out who overheard them talking about their affair. Ronnie is unhappy with Damian's presence and frustrated by Roxy's deception. Patrick takes pity on Heather when she sells her record collection to raise money for Minty and Hazel's wedding. A revelation at the Masoods' housewarming party leaves Zainab embarrassed. (T)
8.30 After You've Gone. Jimmy is admitted to hospital with a hernia, but finds the nursing staff less than friendly due to rumours spread by his ex-wife. Starring Nicholas Lyndhurst. Last in series. (T)
9.00 Have I Got News for You. Satirical current affairs quiz with guest host Omid Djalili joined by regular team captains Ian Hislop and Paul Merton. (T)
9.30 Armstrong & Miller. Alexander Armstrong and Ben Miller reunite for a new series of comedy sketches. Characters include the politically incorrect Divorced Dad, football manager Tony and his over-friendly Russian boss Dimitri, Neanderthal art critics, a record producer with his new boy band, and Gullible Rog. (T)
10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 Friday Night with Jonathan Ross. Actress Cate Blanchett talks about her new film Elizabeth: The Golden Age, which is released in the UK this week. Culinary alchemist Heston Blumenthal discusses his unique approach to cooking, and there's chat with cricketer Andrew Flintoff. Music is provided by Duran Duran, performing their single Falling Down. (T)
11.35 FILM: Dragon: The Bruce Lee Story (1993). Biopic, starring Jason Scott Lee. (T)
1.30 FILM: Carry On Don't Lose Your Head (1966). Ribald comedy, starring Sid James; (T) Weatherview. 3.05 BBC News 24. (T)

Pick of the Day

Armstrong & Miller (BBC1, 9.30pm)
Alexander Armstrong and Ben Miller have hardly been off our screens since the last run of their sketch show, which aired on Channel 4. Armstrong has established himself as a character actor of some note, thanks to series such as Beast and Life Begins. However, it's his dependable hand on topical quiz Have I Got News For You that has gained him a wider reputation, as he's perched his bottom on the presenter's chair nine times so far. His old friend Miller has been just as busy a boy. Not only did he provide the voice for the hugely popular ITV digital monkey (which recently made a comeback in a series of adverts for teabags), he also featured in two series of the comedy The Worst Week of My Life, and was among the cast of Saturday night drama Primeval. He has also dabbled in movies, co-starring with Rowan Atkinson in the comedy thriller Johnny English. Now the pair have finally reunited to bring us a whole host of new characters. There's the politically incorrect Divorced Dad, football manager Tony and his over-friendly Russian boss Dimitri, Neanderthal art critics, a record producer with a new boy band, and the endearingly monikered Gullible Rog.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (R) (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Dickinson's Real Deal.
5.00 Britain's Best Dish Live Final. Mark Nicholas hosts the climax of the first nationwide contest to find Britain's Best Dish. Carol Thatcher guests as viewers vote for their favourite recipe. Last in series. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Marlon apologises to Donna by cooking a romantic dinner, but it's not long before the pair are arguing again after he finds out she's been talking about their marriage to Ross. Sam sells his chickens in a bid to make it on his own and David is oblivious to Nicola's scheming. (T)
7.30 Coronation Street. A repentant David asks Gail for help when she confronts him about his reign of terror and Sean goes behind Violet's back by tricking Marcus into revealing the sex of the baby. Jodie has to cut short her date with Lloyd, while Liam continues to deny his feelings for Carla by splashing out on jewellery for Maria. (T)
8.00 Insurance Uncovered: Tonight. (T)
8.30 Airline. As half a million excited football fans head for the World Cup, six of Luton's check-in staff prepare for their own charity tournament in Germany, only to learn it's been called off because of bad weather. An elderly woman misses her flight to Krakow and a passenger at Bristol is furious to be told he is too drunk to travel. (T)
9.00 Taggart. A researcher is found dead in a university science laboratory, the victim of a severe anaphylactic shock. Burke investigates and uncovers evidence that her food was deliberately contaminated, raising suspicions that a calculating killer is stalking the campus - a theory confirmed by a second fatality the following day. Alex Norton stars. (R) (T)
10.30 ITV News; Weather. (T)
11.05 Numb3rs. Megan and Don find themselves called to the scene of a murder when an energy company's chief financial officer is found dead. (T)
12.00 Make Your Play; (T) ITV News Headlines. 4.10 Under One Roof. (R) (T) 4.30 Under One Roof. (R) (T) 5.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Boogie Beebies; (R) (T) Storytime with Roly Mo. (T) 7.00 In the Night Garden. (T) 7.30 Bob the Builder: Project Build It. (T) 7.40 Finley the Fire Engine; (T) Mr Tumble. (R) (T) 8.00 CBBC: Roar. (T) 9.00 Best of Friends. (R) (T) 9.25 Beat the Boss. (R) (T) 9.55 What's New Scooby-Doo? (R) (T) 10.15 Mona the Vampire. (R) (T) 10.30 Prank Patrol. (R) (T) 11.00 Dangermouse. (R) (T) 11.10 The Munsters. (R) (T) (bw) 11.35 Top Cat. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.30 FILM: Anastasia (1956). Oscar-winning drama, with Ingrid Bergman and Yul Brynner. (T) (bw) 3.15 Open Gardens. (T) 3.45 Flog It! (T) 4.30 Ready, Steady, Cook. (R) (T) 5.15 Weakest Link. (R) (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 The Great Phone Swindle. An investigation into nuisance calls. (T) 7.30 The History Detectives. A fob and chain and a collection of faded photographs. (T) 8.00 A Passion for Plants. The gardens of Harlow Carr, Harrogate. (T) 8.30 Gardeners' World. A garden reserved for growing soft fruits. (T) 9.00 The Tudors. Henry is christened "Defender of the Faith". (T) 10.00 QI. With David Mitchell, Dara O'Briain and Phill Jupitus. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 Electric Proms 2007: Kaiser Chiefs. (T) 12.05 The Beatles in Help! (R) (T) 12.35 FILM: The Good Guys and the Bad Guys (1969). Western, starring Robert Mitchum. (T) 2.05 Star Trek: The Next Generation. (R) (T) 2.50 Star Trek: The Next Generation. (R) (T) 3.35 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 7.55 Just Shoot Me. (R) (T) 8.25 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Frasier. (R) (T) 10.00 FILM: The Red Pony (1949). Melodrama, starring Robert Mitchum. (T) 11.40 Supporting Acts. (R) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.30 A Place in the Sun. (R) (T) 2.00 FILM: Dinosaurus! (1960). Monster movie, starring Ward Ramsey. (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.30 Unreported World. Attempts to merge Kirkuk into Kurdish territory. (T) 8.00 A Place in the Sun: Home or Away. A widow looking to downsize. (T) 9.00 Ugly Betty. Alexis returns to work still suffering from memory loss. (T) 10.00 My Name Is Earl. Little Chubby returns to town to take up the reins of the family business, but it isn't long before both he and Earl learn a valuable lesson about sacrifice. Burt Reynolds guest stars. (T) 10.30 Comedy Showcase: The Ejits. (T) 11.05 Russell Brand's Ponderland. (T) 11.35 Comedy Lab: Doug Stanhope, Go Home. (T) 12.10 4Music: Transmission. (T) 1.10 4Music: 4Play: The Wombats. 1.25 4Music: Empire Square. 1.55 4Music: Dubplate Drama. (R) (T) 2.20 Goalissimo. 3.15 Transworld Sport. (R) (T) 4.10 Racing Rivals. (R) 4.35 Headland. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Ebb and Flo. (R) (T) 6.45 Funky Valley. (R) (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (R) (T) 7.20 Rupert Bear. (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Joey. (R) (T) 1.00 Joey. (R) (T) 1.25 Russell Grant's Postcards. (R) (T) 1.35 FILM: Scandalous Me: The Jacqueline Susann Story (1998). Biopic of the author. Michele Lee stars. (T) 3.30 five news update. (T) 3.40 FILM: Crowned and Dangerous (1997). Drama, starring Yasmine Bleeth. (T) 5.30 five news. (T) 6.00 Home and Away. (T) 6.30 Zoo Days. (T) 7.00 five news. (T) 7.30 Pimp My Ride UK. A 1979 Volkswagen Type 2 pick-up. Last in series; (R) (T) 7.30 five news update. 8.00 Nick Baker's Weird Creatures. A rare giant salamander in the United States; (T) 8.00 five news at 9. 9.00 NCIS. A former Navy Seal escapes from prison. (R) (T) 10.00 Law & Order. Briscoe and Green probe the case of a Hispanic male found dead from a severe chest trauma after being involved in a staged car accident with two other illegal immigrants. (R) (T) 11.00 Most Evil. (T) 12.00 Quiz Call. 5.35 Wildlife SOS. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1410 Prova de Amor 0415 Lingo 1530 Portugaç No Coração 1800 Portugal em Directo 1900 Operação Triunfo 1905 O Preço Certo 2000 Telesales 2100 Avenida Europa 2130 Contra 2200 Sabe mais do que um Miudo de 10 Anos? 2300 A Tempestade 0100 Football Magazina 0130 Câmra Café 0200 The Ring , film 0345 Só Visto 00445 Telesales 0605 Nòs
RTP2
0700 EuroNews 0715 Zig Zag 1000 Assembleia da República 1300 Zig Zag 1400 Sociedade Civil 1530 Sim Amor 1600 Zig Zag 1715 National Geographic 1815 A Fé dos Homens 1900 A Alma e a Gente 1945 Zig Zag 2045 Todos Conta o Chris 2115 National Geographic 2200 News 2240 Irmãos e Irmãs 2330 Vidas 0030 Noites da 2 0130 Bastidores 0200 Flip 0230 Arte & emoção 0300 Siciedade Civil 0430 Euronews
SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contacto 1800 Pé na Jaca 1900 Ganhar é Que se Gente Se Entende 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0015 CSI Las Vegas 0130 Oxigen, film 0330 Polhar da Serpente
TVI
0700 Diario Da Manha 1000 Você na TV 1300 News 1400 Mundialito de Futebol de Praia 1700 Quem Quer Ganha 1745 Morangos com Açucar – Ferias de Verão 2000 News 2115 Euromilhoes 2130 Ilha dos Amores 2215 Doce Fugitiva 2330 Tu e Eu 0030 Deadly Charades, film

Best of the Rest

BBC3
7.00 The Most Annoying Pop Moments - We Hate to Love 8.00 Spendaholics 8.30 The Real Hustle 9.00 Torchwood 9.50 Torchwood Declassified 10.00 EastEnders 10.30 Leave Us Kids Alone: School's Out 11.30 The Real Hustle 12.00 Family Guy 12.25 Family Guy 12.45 Two Pints of Lager and a Packet of Crisps 1.15 Two Pints of Lager and a Packet of Crisps 1.45 The Most Annoying Pop Moments - We Hate to Love 2.40 Leave Us Kids Alone: School's Out 3.40 Two Pints of Lager and a Packet of Crisps 4.10 Two Pints of Lager and a Packet of Crisps 4.40 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 European Roots 8.30 Transatlantic Sessions 9.00 Legends: Jacques Brel - Ne Me Quitte Pas 10.00 Doctors to Be: Twenty Years On 10.30 QI 11.00 Flight of the Conchords 11.35 Batman 12.00 Batman 12.25 Charlie Brooker's Screenwipe 12.55 Legends: Jacques Brel - Ne Me Quitte Pas 1.55 Transatlantic Sessions 2.25 European Roots 3.25 Legends: Jacques Brel - Ne Me Quitte Pas 4.25 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.10 Airline 5.40 Judge Judy 6.25 The X Factor 8.25 The X Factor - The Results 9.00 Katie & Peter: Unleashed 10.00 Katy Brand's Big Ass Show 10.35 Streetmate 11.35 Coronation Street 12.05 Katie & Peter: Unleashed 1.05 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close

Sky One
1.00 Stargate SG-1 2.00 Stargate SG-1 3.00 Relic Hunter 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Are You Smarter Than a Ten Year Old? 9.00 Project Runway 10.00 Jose Mourinho: The Special One? 11.00 Ross Kemp on Gangs 12.00 Road Wars 1.00 Star Trek: Voyager 1.50 Star Trek: Voyager 2.40 Star Trek: Voyager 3.30 Star Trek: Voyager 4.20 Dream Team 5.10 Guilty!
UKTV Gold
1.40 My Family 2.00 My Hero 2.40 2point4 Children 3.20 Keeping Up Appearances 4.00 My Family 4.40 The Vicar of Dibley 5.20 Only Fools and Horses 6.00 Doctor Who 7.00 The Vicar of Dibley 8.00 Dancing with the Stars 9.20 Dancing with the Stars 10.20 EuroMillions: Boom Bang a Bang 10.30 The Vicar of Dibley 11.30 Film: The Defender 18 (1994) 1.15 The Royle Family 1.55 The Royle Family 2.35 The Lenny Henry Show 3.05 The Lenny Henry Show 3.35 The Bill 4.25 Casualty 5.15 The New Adventures of Old Christine 5.35 Neighbours
TCM
1.00 Blackboard Jungle PG (1955) 3.00 7 Women PG (1966) 4.40 Valley of the Kings U (1954) 6.15 Home from the Hill PG (1960) 9.00 Pat Garrett and Billy the Kid 15 (1973) 11.10 Kelly's Heroes PG (1970) 2.10 Freaks 15 (1932) 3.15 Teleshopping 3.35 Bonnie Scotland U (1935)
The Disney Channel
Kids' programmes from 7am, except: 8.05 Film: Jump In! U (2007) Drama, starring Corbin Bleu.

MOVIES

Sky Movies Drama

6.00 A Wing and a Prayer 15 (1998) 7.45 Killer Flood PG (2003) 9.30 Columbo Goes to College PG (1991) 11.05 A Civil Action 15 (1998) With John Travolta. 1.05 Killer Flood PG (2003) With Joe Lando. 2.45 The Skeleton Key 15 (2005) With Kate Hudson. 4.30 Columbo Goes to College PG (1991) With Peter Falk. 6.05 A Wing and a Prayer 15 (1998) With Claudia Christian. 7.40 Volver: The Making Of 8.00 A Civil Action 15 (1998) With John Travolta. 10.00 Mississippi Burning 18 (1988) With Gene Hackman. 12.15 The Skeleton Key 15 (2005) With Kate Hudson. 2.15 Angel Rodriguez 15 (2005) With Jonan Everett. 4.00 Killer Flood PG (2003)

Sky Movies Comedy

7.15 Whiskey Down 15 (1995) 9.05 I'm Gonna Git You Sucka 15 (1988) 10.55 Bean PG (1997) 12.45 My Super Ex-Girlfriend 12 (2006) With Uma Thurman. 2.35 Bewitched PG (2005) With Nicole Kidman. 4.25 The Beautician and the Beast PG (1997) With Fran Drescher. 6.15 Bean PG (1997) With Rowan Atkinson. 8.00 My Super Ex-Girlfriend 12 (2006) With Uma Thurman. 10.00 Bewitched PG (2005) With Nicole Kidman. 12.00 Whiskey Down 15 (1995) With Sean Patrick Flanery. 1.45 I'm Gonna Git You Sucka 15 (1988) With Keenen Ivory Wayans. 3.30 The Beautician and the Beast PG (1997) 5.30 Comedy Close Up

Sky Movies Action

6.20 Too Close to Home (1997) 8.05 Swindle 15 (2002) 9.55 Determination of Death 15 (2000) 11.45 Attack Force Z 15 (1981) With Mel Gibson. 1.20 Cotton Comes to Harlem 15 (1970) With Godfrey Cambridge. 3.10 Action & Thriller Close Up 3.40 Determination of Death 15 (2000) With Marc Singer. 5.30 Attack Force Z 15 (1981) With Mel Gibson. 7.10 Dead Calm 15 (1988) With Nicole Kidman. 9.00 Snakes on a Plane 15 (2006) With Samuel L Jackson. 10.50 The Glimmer Man 18 (1996) With Steven Seagal. 12.25 Snakes on a Plane 15 (2006) With Samuel L Jackson. 2.15 Back in Business 18 (1997) With Brian Bosworth. 3.55 Too Close to Home (1997) 5.30 Action & Thriller Close Up

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Transworld Sport 7.00 WWE: Raw 9.00 Poker Week 9.30 Premier League World 10.00 ATP Tennis 10.30 Live European Tour Golf. The Mallorca Classic. 12.30 Premier League World 1.00 The Rugby Club 2.30 Premier League World 3.00 Live European Tour Golf. The Mallorca Classic. 5.00 FIFA Futbol Mundial 5.30 Premier League World 6.00 Big League Weekend 7.00 Premier League Preview 7.30 Live Rugby Union. Doncaster Knights v Plymouth Albion (Kick-off 7.45pm). 10.00 Live Friday Fight Night 12.00 Premier League Preview 12.30 Big League Weekend 1.30 World Sport 2.00 Friday Fight Night 4.00 Big League Weekend 5.00 Premier League Preview 5.30 World Sport

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline 7.00 Aerobics Oz Style 7.30 Adrenaline 8.00 UK Strongest Man 9.00 Adrenaline 9.30 Sports Adventure 10.00 UEFA Champions League 6.00 Adrenaline 6.30 Moto Plus 7.00 Rally World 7.30 Golf Night 9.30 Premier League Preview 10.00 Big League Weekend 11.00 NFL: Total Access 12.00 NFL Weekly Review 12.30 UK Strongest Man 1.30 Golf Night 3.30 UK Strongest Man 4.30 Rugby Union

Sky Sports 3

7.00 FIA GT Championship 8.00 Masters Football 11.00 Aerobics Oz Style 11.30 Racing News 12.00 UK Strongest Man 1.00 NFL: Total Access 2.00 Adrenaline 2.30 Poker Week 3.00 FIA GT Championship 4.00 UK Strongest Man 5.00 WWE: Raw 7.00 UK Strongest Man 8.00 NFL: Weekly Review 8.30 Moto Plus 9.00 Sportnation 10.00 WWE: Late Night - Smackdown 12.00 WWE: Late Night - Bottom Line 1.00 Rugby Union 2.30 Sportnation 3.30 Motor Racing 5.00 FIA GT Championship

British Eurosport

7.30 Porsche Super Cup 8.00 UEFA Cup Football 8.30 UEFA Champions League 9.30 UEFA Cup Football 10.00 UEFA Champions League 11.00 UEFA Cup Football 11.30 UEFA Champions League 12.30 UEFA Cup Football 1.00 Live WTA Tennis. The Generali Ladies Linz quarter-finals. 3.00 Live ATP Tennis. The Davidoff Swiss Indoors quarter-finals. 5.00 Eurogoals 5.30 Live ATP Tennis. The Davidoff Swiss Indoors quarter-finals. 6.45 UEFA Cup Football 7.30 World Rally Championship 8.00 Timbersports Series 8.30 Strongest Man 9.30 Trial Bikes 10.00 World Rally Championship 10.30 Yoz Magazine 11.00 Timbersports Series 11.30 Eurogoals 12.00 World Rally Championship 12.30 Close

Sky Sports Xtra

7.00 British Ice Hockey 9.30 Premier League Snooker 1.00 European Tour Golf 3.00 Sports Adventure 3.30 ATP Tennis 4.00 Adrenaline 4.30 Sports Adventure 5.00 NFL: Total Access 6.00 Aerobics Oz Style 6.30 World Sport 7.00 Tight Lines 8.00 Motor Racing 9.30 Rally World 10.00 Masters Football 1.00 Tight Lines 2.00 Adrenaline 2.30 Moto Plus 3.00 Tight Lines 4.00 World Sport 4.30 Sportnation 5.30 Adrenaline

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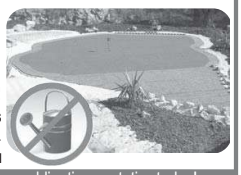

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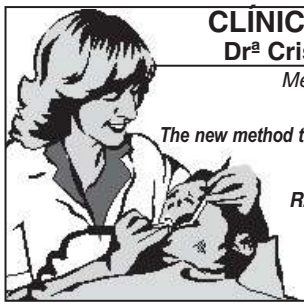

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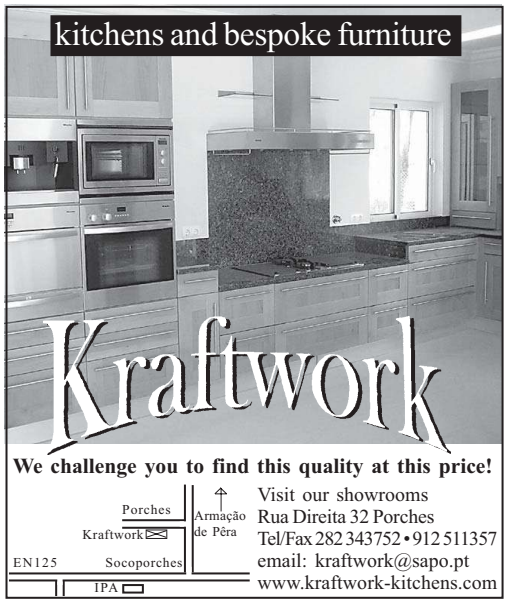

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Upward Glance

with Joyce Voelker

Anonymous

If you have ever attended a large church you may have missed the opportunity of actually knowing many people in the church by name. While you may have enjoyed the music, worship and all the church had to offer, the pastor probably had no idea who you were. Because thousands of people attended every week, you understood that it would be impossible for him to know each person by name or even to recognize a church member if he passed him on the sidewalk.

Perhaps you have also had the opportunity of being a part of a smaller church where you may have received handwritten welcome notes or calls from the pastor. After just a few weeks, the pastor was probably able to call you by name. No doubt it felt good to be personally acknowledged and recognized.

The word anonymity or its derivative, *"anonymous,"* comes from a Greek word meaning "*without a name*" or "*namelessness*." In legal cases we often use the names "John Doe" or Jane Doe" when we wish to keep an individual's identity a secret or when the identity is unknown.

I remember traveling to Arlington Virginia some years ago and visiting the famous tomb of the Unknown Soldier. It contains the remains of unknown American soldiers from World War I and II, the Korean Conflict and the Vietnam War. Each unidentified soldier buried there was awarded the Medal of Honor at the time of their internment. The tomb is guarded 24 hours a day, 365 days per year by specially trained members of the 3rd United States Infantry.

At the tomb a plaque reads, *"Here rests in honored glory, an American Soldier known but to God."* Actually, many countries have similar sites marking and honoring the remains of soldiers for whom identification was not possible.

While there are times when individuals may wish to remain anonymous, at times it is not desired. It is a part of our human nature to want to be known. We are creatures who crave relationships. The song, *"He Knows My Name,"* by Tommy Walker reminds us that God knows our every thought, sees each tear that falls, and hears us when we call. For the Maker of heaven and earth, knowing a few billion people is not a problem. He loves you immensely (John 3:16), thinks about you all the time (Psalm 139:17-18), and He knows your name (John 10:3). No one is anonymous to God.

"The sheep hear his voice; and he calls his own sheep by name." John 10:3

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THE SALVATION ARMY, LISBON Reboleira Corps (Praceta Almada Negreiro, Lote 213 Loja Dt do Exército 11 A); Chelas Corps (Rua Rui de Sousa, Lote 65 A loja C); Laranjeiras Corps (Bairro de Laranjeiras). At all these corps: Morning Service 9.30am Salvation Meeting 5.00pm Picheleira Corp Rua Capitão Roby, Picheleira, Lisbon (21 805708). **OPORTO** Pereiro Corps (Av. Vasco da Gama No: 675-2 E Ramalde), Service 10am, Salvation Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntários; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

IGREJA DE CRISTO (CRISTA) Carcavelos, Rio de Moura & Lisbon. At all three centres, services in Portuguese, bilingual counselling. (Tel. 21 2461596).

LISBON SYNAGOGUE: Rua Alexandre Herculano 59, Tel 21 385 8604 Fax 21 388 4304 e-mail: celesboa @mail.telepac.pt

Bahá'í Faith – Av. Ventura Terra, nº 1, Lisboa, Telef.: 217590474, E-mail: gae@bahai..pt

IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 8B, Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10:15/Portuguese 12:00 Prayer and Bible Study: Thursday 8 PM Traditional Baptist Service in English followed by Sunday School.

The Algarve

CHURCH OF ENGLAND SERVICES St. Vincent's Anglican Church of the Algarve, Igreja Senhora de Fátima Holy Communion. 9:30 every Sunday. Info Rosie Baden-Powell 289 328302;

St. Luke's, Monte da Palhagueira, Gorjões. (Nr. Sta. Barbara) Holy Communion 11:30 a.m. every Sunday. Info Maxine Srivastava 917 267 948;

Luz Senora da Luz Holy Communion. 12:00 every Sunday. Plus Children's Rainbow Club. Info: Joyce Daffey 282 788104.

ALL SAINTS ANGLICAN CHURCH, ALGARVE - Evangelical worship: First Sunday - Family Eucharist, all other Sundays - Holy Communion with Crèche and Adventurers. 10.30am Community Centre, ALMANCIL (ASCA - Associação Social e Cultural de Almancil). For directions (any time) call 282-380311 or see www@allsaintsalgarve.org.

CENTRO CRISTÃO FONTE DE VIDA Pentecostal Church, Sítio do Paul, Estrada do Sargaçal, Sargaçal 8600 Lagos. Apartado 4388601/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799 518 Website www.fontevida.org

THE SALVATION ARMY in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm, Rua 25 de Abril, nº 19 (next to the Market).

CATHOLIC MASS every Sunday partly in English · 11am. at St. Lourenço Church - Almancil · 6.30pm. at Four Seasons Country Club—Quinta do Lago—Almancil. Further information, please contact the International Catholic Community of Almancil (Griselda Neto on 966168120 or Vítor on vgn@domopor.com).

INTERNATIONAL CHRISTIAN FELLOWSHIP in Portimão invites you to attend its services in English on Sundays at 11am. Sunday School for children. Av. 25 de Abril 17, R/C-D1 Portimão. Bible study on Tuesdays; 10.45 for 11 am at "The Bridge" (A Ponte) in the Cedipraia Shopping Centre near the church. Tel 282 461 985

LIVING HOPE BAPTIST CHURCH English speaking services every Sunday 5 p.m. About 100m North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. Or email: pastor@ibev.pt

CHURCH IN LAGOS. Our mission: Matthew 28:18-20. Meeting daily Wednesdays at 7 pm and Sundays at 10.30 am, at Praça Luis de Camões No 14 Lagos. Stefan Saunders (Pastor) Tel 963 165 983.

CHURCH IN ALJEZUR / VALE DE TELHA. Our mission: Matthew 28:18-20 (An outreach from Church in Lagos) Call Stefan Saunders (Pastor) mobile 963 165 983.

INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. Urbanização Vila Praia da Dona Ana, Lote 11 B, 8600 Lagos (50 metres from the Hotel Golfinho), Tel. 282-086804 or 282-697546.

INTERNATIONAL EVANGELICAL CHURCH OF THE ALGARVE
Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamoura entrance & the Atlântico Waterslide Park. Services in English, creche and Sunday School. For further information: 289 328635.

LAGOA CHRISTIAN FELLOWSHIP An International English speaking church. Contemporary worship and Christ-centred study of the Bible. "God Squad" for kids, toddler thru preteen. Service every Sunday 11am to 12:30 pm. Portuguese translation available. New address: EN125 - Vale de Lousas, Alcantarilha. Next to Auto Heat, SACL & Centro de Lareiras. Pastor Alípio Amaral Tel 968 801 237. Visit our website at www.lagoafellowship.com

TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Candido Reis. Full programme and further details from Jackie 281 322 857, Geoff 969 100 121 or Maria 966380404. E-mail: jackieandmo@yahoo.co.uk

ROMAN CATHOLIC ST. ANDREWS, PENINA R.C. Mass in English every Saturday 6pm, St. Andrews Church, Penina. For further information, please contact Padre Manuel 282 459151

SALVATION ARMY Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Brás de Alportel

EREV SHABAT - For services Tel: 282 416710

Oporto

GREATER GRACE World Outreach has LIVE (and archived) internet church services for free viewing through their website, www.ggwo.org; contemporary and inspiring worship, uplifting music and outstanding Bible teaching. Their ministry contacts in Portugal can also be found under the "Missions" link—Check it out and be blessed!

RIVERSIDE PORTO INTERNATIONAL CHURCH – Oporto. A church that is fun and enriching; Bible based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG, between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 627 643 or 914 949 611 for more details. contact@riverside porto.com web site www.riverside porto.com

ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO
Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoporto.org

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CALDAS DA RAINHA ANGLICAN EVENING WORSHIP IN ENGLISH. At 6:00pm on the first Sunday of each month. Held in the Evangelical Baptist Church, Rua Dr. José Saudade e Silva 27/29 (between Caldas da Rainha Railway Station and 'Pingo Doce'. All welcome.

Announcements

DOCKET NUMBER: CP 07N0072

CARE AND PROTECTION TERMINATION OF PARENTAL RIGHTS

SUMMONS BY PUBLICATION

COMMONWEALTH OF MASSACHUSETTS
Juvenile Court Department
New Bedford Division
75 No. Sixth Street
New Bedford, Massachusetts 02740

TO: Marco Dias

Or any unknown, unnamed Person claiming to be the Father of Amari Dias

A petition has been presented to this court by THE DEPARTMENT OF SOCIAL SERVICES, seeking, as to the subject child, Amari Dias, that said child be found in need of care and protection and committed to the Department of Social Services. The court may dispense the rights of the person named herein to receive notice of or to consent to any legal proceeding affecting the adoption, custody, or guardianship or any other disposition of the child named herein, if it finds that the child is in need of care and protection and that the best interests of the child would be served by said disposition.

You are hereby ORDERED to appear in this court, at the court address set forth above, on 11/29/07, at 9:00 a.m., for a PRE-TRIAL CONFERENCE.

You may bring an attorney with you. If you have a right to an attorney and if the court determines that you are indigent, the court will appoint an attorney to represent you.

If you fail to appear, the court may proceed with a trial on the merits of the petition and an adjudication of this matter.

For further information call the Office of the Clerk-Magistrate at 508-999-9700.

WITNESS:
Bettina Borders
FIRST JUSTICE
Clerk Magistrate
Ronald C. Arruda
Date Issued: 10/01/07

ALGARVIDA ART GALLERY, Carvoeiro. Painting exhibition with Clare Ormsby -winner of the JJ Fox International Art Prize 2006- until 30th November. Also unique 3D object art, ceramics and designer greeting cards. Celebrity photography and art prints. Outgoing road, open Mo - Sat 10 am - 6 pm, Tel: 282 356 577.

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Colour photo, 4cm wide €15

DOCKET NUMBER: CP 07N0072

CARE AND PROTECTION TERMINATION OF PARENTAL RIGHTS

SUMMONS BY PUBLICATION

COMMONWEALTH OF MASSACHUSETTS
Juvenile Court Department
New Bedford Division
75 No. Sixth Street
New Bedford, Massachusetts 02740

TO: Marco Dias

Or any unknown, unnamed Person claiming to be the Father of Allyana Dias

A petition has been presented to this court by THE DEPARTMENT OF SOCIAL SERVICES, seeking, as to the subject child, Allyana Dias, that said child be found in need of care and protection and committed to the Department of Social Services. The court may dispense the rights of the person named herein to receive notice of or to consent to any legal proceeding affecting the adoption, custody, or guardianship or any other disposition of the child named herein, if it finds that the child is in need of care and protection and that the best interests of the child would be served by said disposition.

You are hereby ORDERED to appear in this court, at the court address set forth above, on 11/29/07, at 9:00 a.m., for a PRE-TRIAL CONFERENCE.

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WITNESS:
Bettina Borders
FIRST JUSTICE
Clerk Magistrate
Ronald C. Arruda
Date Issued: 10/01/07

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Charities

LAGOS ANIMAL Protection Society has a charity sale at Burgau Sports Club every 2nd Sat. of the month. All proceeds go towards helping Algarve animals. For further details please phone Tel.: 282 687 334 or mobile 966 047 994 after 6pm.

THE ANIMAL charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

ABA CHARITY shop, Av. do Tenis, No 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

DONKEYS, DOGS and kittens! Please call the Donkey Sanctuary if you can help home an animal in need. Mobile 965 019 796.

Education

PORTUGUESE FOR Foreigners. Individual and group lessons by university teacher with International experience. Mobile 969 294 504.

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Riverside International **MEDICAL CENTRE**, Sta Bárbara de Nexe / Faro, Maragota / Moncarrapacho, Tavira & V.R. Sto António. 24 hr service. Tel.: 919 657 860 or 289 997 742.

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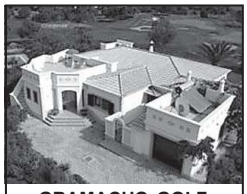

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Portugal leave it late, but seem set for Euro 2008

Despite four consecutive draws and two unconvincing wins against lowly opposition the past week, the Portuguese football team is within an arm's length of qualifying for the European championships finals next year that will be jointly hosted by Austria and Switzerland.

After beating ten-man Azerbaijan in Baku by two unanswered goals, Portugal scraped through against Kazakhstan on Wednesday evening.

In the latter match, Portugal only managed to break the deadlock ten minutes from the end.

Makakula, who had come on as a substitute for Hugo Almeida to make his full debut for Portugal, scored after 80 minutes after some brilliant play on the right wing by Ricardo Quaresma.

The goal was just reward, as Portugal had dominated throughout and squandered at least a dozen gilt-edged goal scoring opportunities during the match.

With the match already into added time, Cristiano Ronaldo scored a second goal. But there was still time for Kazakhstan to celebrate as they scored with a last kick of the game after some shaky defending by a Portuguese team whose sights were seemingly focussed on their return home.

In order to qualify, Portugal need a win and a draw from their last two matches, and that is only should their closest rivals win all their respective qualifying games.

Both the matches will be played at home, and following their clash against Armenia on November 17, Portugal will take on Finland four days later.

Poland lead the group with 24 points with Portugal one point behind. A further three points back are Finland and Serbia who remain in contention as the top two teams will qualify for Euro 2008.

Photo left: Portugal's player, Makakula, celebrates a goal score against Kazakhstan, during their Euro2008 qualifying match on Wednesday at Tcentralny Stadium, in Almaty, Kazakhstan. (Photo: Lusa / António Cotrim)

World's best golfers in Vilamoura

The world's greatest golfers are in the Algarve to take part in the inaugural Portugal Masters at the Oceânico Victoria Golf Club in Vilamoura which ends this Sunday.

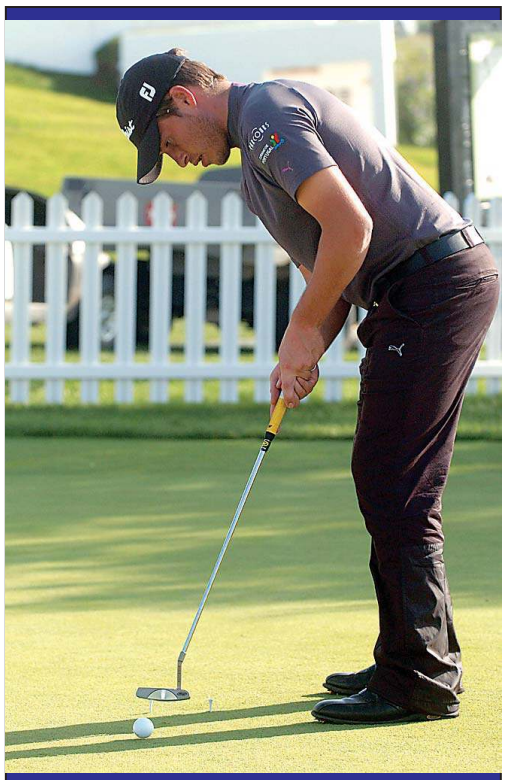
A field of 126 players will compete for the three-million-euro prize fund with a first prize of 500,000 euros. The course, designed by the legendary Arnold Palmer, alternates well-positioned bunkers with lakes and waterfalls, providing a continuous challenge for players.

The local favourite in the tournament is José-Filipe Lima, who represented Portugal in the 2005 World Cup alongside Antonio Sobrinho.

Other elite players in the Portugal Masters include two-time US Open Champion Retief Goosen of South Africa, Paul Lawrie of Scotland, winner of the 1999 Open Championship at Carnoustie, and two-time Masters Champion José Maria Olazábal of Spain.

A host of other winners from the 2007 season will also be in action. These include the English duo of Justin Rose and Nick Dougherty, the English duo of Ross Fisher and Graeme Storm, Scotland's Marc Warren, Frenchmen Grégory Havret and Raphaël Jacquelin, the Spanish trio of José Manuel Lara, Pablo Martin and Alvaro Quiros, and 13-time European Tour winner Miguel Angel Jiménez.

The Portugal Masters will be the first tournament to be played at the Oceânico Victoria Golf Club, since the 2005 World Cup in Portugal. The Welsh duo of Stephen Dodd and Bradley Dredge, who triumphed on that occasion, will both return.



Portuguese golfer, José Filipe Lima in action during the training for the Portugal Masters on Tuesday in Vilamoura. (Photo: Lusa / Luis Forra)

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